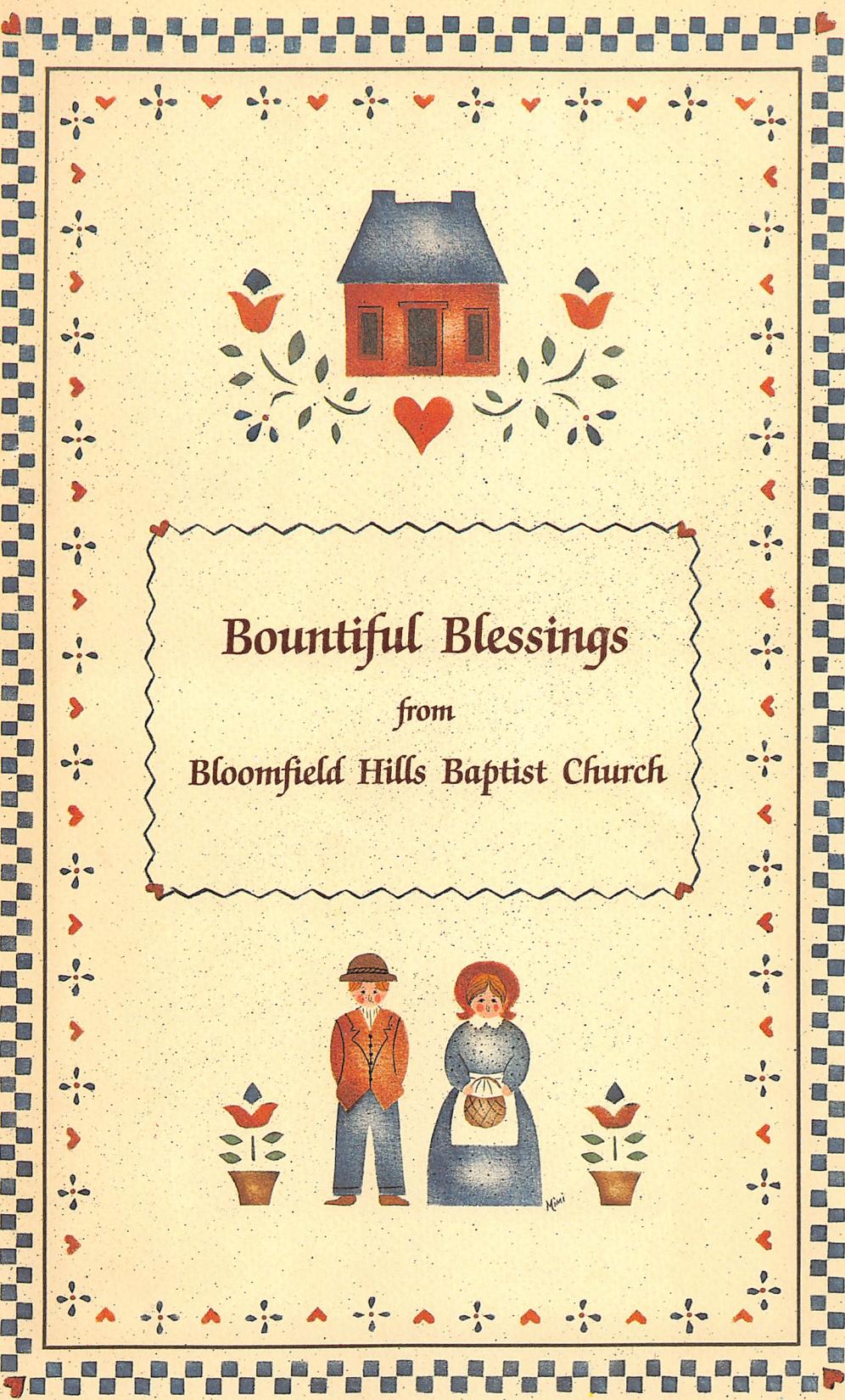




Bountiful Blessings
from
Bloomfield Hills Baptist Church



We wish to express our sincere appreciation and thanks to all those who donated recipes for this cookbook. We have tried to combine the best of the old with the new in bringing you this bountiful collection of true and tried recipes, all of which are sure to please the palate!

To start our book off right, we offer the following "Sacred Recipe," given to us by Vella Howard:

Take one cup of faith and spread it generously through each lovely day God has given you. Add one package of hope to every good deed, and thank God for giving you graces you need. Take two cups of charity and sift all around to all your friends, neighbors, or anyone you have found. Bake for a lifetime and ice it with love and you have a recipe for heaven above!!!



A VIRTUOUS WOMAN

A virtuous woman who can find?
She is worth far more than rubies.
Her husband has full confidence in
her and lacks nothing of value.
She brings him good, no harm, all
the days of her life. She selects
wool and flax and works with
eager hands. She is like the
merchant ships, bringing her food
from afar. She gets up while it is
still dark; she provides food for
her family and portions for her
servant girls. She considers a field
and buys it; out of her earnings
she plants a vineyard. She sets
about her work vigorously; her
arms are strong for her tasks. She
sees that her trading is profitable,
and her lamp does not go out at
night. In her hand she holds the
distaff and grasps the spindle with
her fingers. She opens her arms to
the poor and extends her hands to
the needy. When it snows, she
has no fear for her household; for
all of them are clothed in scarlet.
She makes coverings for her

bed; she is clothed in fine linen
and purple. Her husband is
respected at the city gate, where
he takes his seat among the elders
of the land. She makes linen
garments and sells them, and
supplies the merchants with sashes.
She is clothed with strength and
dignity; she can laugh at the days
to come. She speaks with wisdom,
and faithful instruction is on her
tongue. She watches over the
affairs of her household and does
not eat the bread of idleness. Her
children arise and call her blessed;
her husband also, and he praises
her: "Many women do noble
things, but you surpass them all."
Charm is deceptive, and beauty is
fleeting; but a woman who fears
the LORD is to be praised. Give
her the reward she has earned,
and let her works bring her praise
at the city gate.

Proverbs 31:10-31
NIV

WHAT'S COOKING?

...by Violet MacPetrie

"What's cooking?" you ask. Just let us scan
Where all this cooking mania began;
First there was fire, then a frying pan,
Followed no doubt by a hungry man!

"What's cooking?" you ask. We rack our brain!
Oh, no! It must be meal-time again!
How can we expect to entertain
When everything's frozen in cellophane?

"What's cooking?" you ask. Is dinner delayed?
Will it be home-cooked or ready-made?
Is this Fahrenheit or Centigrade?
If you guess wrong, call the fire brigade!

"What's cooking?" you ask. Must it be faced?
Shall we broil for health or cook for taste?
Demand seems to order — cook in haste!
No matter! It all goes to your waist!

"What's cooking?" you ask. What is the fare?
A porterhouse steak, medium rare;
And all the fixings, served with great flair,
Plus a tempting dessert, if you dare!

"What's cooking?" you ask. One last reply —
Oodles of noodles and apple pie!
Cheese can be added to satisfy —
You'll be on a diet by-and-by!

RECIPE FOR A GOOD DAY

...by Deloris Little (1975)

Take two parts unselfishness and one part of
patience and work together. Add plenty of industry.
Lighten with good spirits and sweeten with kindness.
Put in smiles as thick as raisins in plum pudding
and bake by the warmth which steams from a Loving Heart.
If this fails to make a good day, the fault
is not with the recipe but with the cook.

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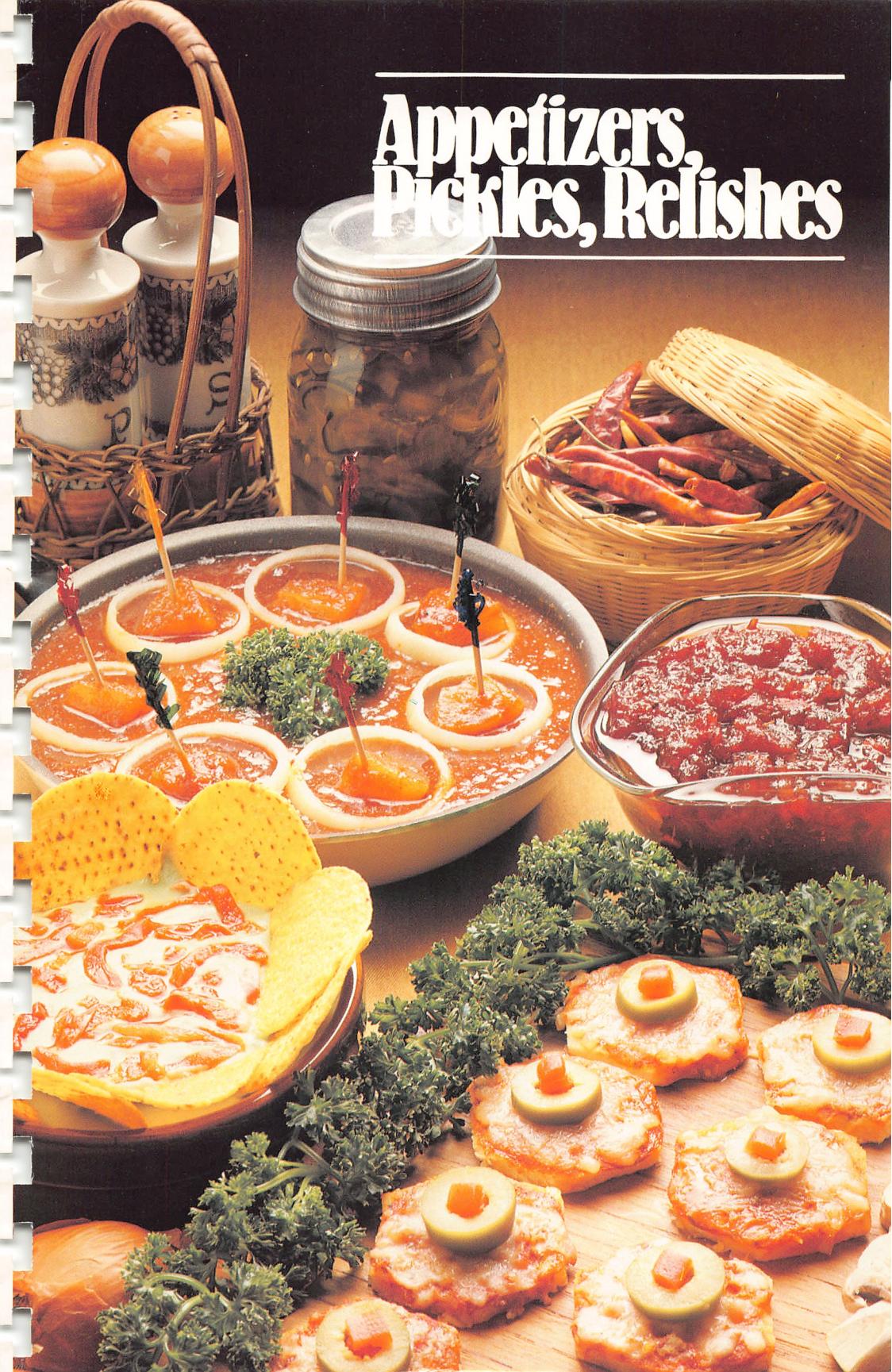
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FAVORITE RECIPES FROM MY COOKBOOK

Appetizers, Pickles, Relishes



A HANDY SPICE AND HERB GUIDE

ALLSPICE—a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL—the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES—the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY—the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER—a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL—the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE—the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM—an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)—is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO—a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA—a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY—the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY—an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE—the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME—the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC—a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS, PICKLES, RELISHES

ARTICHOKE SPREAD

1 (14 oz.) can artichoke hearts	1/4 tsp. garlic powder
1 c. Hellmann's mayonnaise	Soft bread crumbs (to cover)
1 c. Parmesan cheese	

Drain artichokes. Combine with other ingredients in a large mixing bowl. Pour into a baking dish and cover with bread crumbs. Bake at 350° for 20 minutes. Serve with crackers.

Crystal L. Gallagher

BRANDIED PECAN SPREAD

1 c. chopped dried fruit (apricots, apples, peaches, pears, raisins, cherries)	8 Tbsp. butter or margarine
1/3 c. brandy or 1/3 c. warm water with brandy flavoring added	1/2 c. sugar
1 env. unflavored gelatin	1/2 c. sour cream
1/4 c. cold water	Grated rind of 2 lemons
1 (8 oz.) plus 1 (3 oz.) pkg. cream cheese, softened	1 c. chopped pecans
	Assorted small cookies

Pour brandy over dried fruit in small bowl; cover and refrigerate several hours or overnight. Dissolve gelatin in cold water set over a pan of hot water. Place dissolved gelatin, cream cheese, butter, sugar, sour cream, and lemon rind in blender jar; whirl until smooth. Add marinated fruit to cheese mixture along with pecans. Mix well. Pour mixture into an oiled 1 quart mold; chill several hours until firm. Unmold and serve with small cookies. Makes about 30 appetizer servings.

Ann Smallwood

My soul shall be filled as with a banquet, my mouth shall praise you with joy.
Psalm 62:6.

CHEESE TORTA WITH WINTER PESTO AND SUN-DRIED TOMATOES

Pesto:

4 oz. frozen chopped spinach,
thawed, drained and squeezed
dry
1/2 c. chopped fresh parsley
1/3 c. freshly grated Parmesan
cheese
1/4 c. pine nuts
2 garlic cloves
1 1/2 tsp. dried basil, crumbled
1/2 tsp. fennel seed
1/2 tsp. salt
1/4 tsp. freshly ground pepper

1 (10 1/2 oz.) jar sun dried tomatoes
packed in olive oil, drained (1/3
c. oil reserved)
2 (8 oz.) pkg. cream cheese (room
temperature)*
2 c. (4 sticks) unsalted butter
(room temperature)*
1 fresh parsley sprig
Crackers
Bread sticks
Thin baguette slices

Combine spinach, chopped parsley, Parmesan, pine nuts, garlic, basil, fennel, salt, and pepper in blender or processor. Mix until smooth, stopping once to scrape down sides. With machine running, add reserved oil from sun dried tomatoes (reserve tomatoes) in slow stream and continue mixing until very smooth.

Cut two 20 inch squares of cheesecloth. Dip into water and then squeeze dry. Place one square on top of other, then transfer to 5 to 6 cup charlotte mold or loaf pan, lining mold and allowing cheesecloth to drape over sides. Using electric mixer, beat cream cheese and butter until well blended. Set cheese mixture aside.

Set aside 2 whole sun dried tomatoes. Finely chop remaining tomatoes in blender or processor using on/off turns. Arrange 2 whole tomatoes and parsley sprig in bottom of prepared mold. Using rubber spatula, spread 2/3 cup cheese mixture over tomatoes, creating smooth layer. Top with layer of 1/3 cup pesto, then another layer of 2/3 cup cheese mixture. Spread with half of chopped sun dried tomatoes. Repeat layering, ending with cheese mixture. Fold edges of cheesecloth over top of torta. Refrigerate until firm, about 1 hour. Unwrap top of torta. Invert over platter. Remove cheesecloth. Serve at cool room temperature with crackers, bread sticks and baguette slices. Yield: 20 servings.

* Two pounds mascarpone cheese can be substituted for cream cheese and butter. Soften cheese by stirring with wooden spoon; do not beat with electric mixer.

Ann Smallwood

CHEESY PARTY SPREAD

2 c. (8 oz.) shredded Swiss cheese
3 oz. soft cream cheese
1/2 c. dairy sour cream

2 Tbsp. chutney
1/2 c. chopped almonds

Beat together cheese (at room temperature). Cream cheese and sour cream until well blended. Stir in chutney and almonds. Serve on assorted crackers.

Helen Glenn

HOT CRABMEAT APPETIZER

8 oz. cream cheese, softened	1/2 tsp. cream style horseradish
1 Tbsp. milk	1/4 tsp. salt
6.5 oz. flaked crab	Dash of pepper
2 Tbsp. finely chopped onion	

Combine cream cheese and milk. Add crab and balance of ingredients. Blend well and spoon into ovenproof dish and sprinkle with toasted sliced almonds. Bake at 375° for 15 minutes. Serve hot with crackers.

Joy McIntyre

MARY'S CRAB SPREAD

Mix:

1 medium can crabmeat, drained	1 Tbsp. lemon juice
1 (6 to 8 oz.) bar Swiss cheese, grated	1 bunch green onions, chopped
	Enough Hellmann's to coat

Spread in pie pan; sprinkle with Cheddar cheese. Bake at 350° for 15 minutes. Serve with Triscuits.

Nancy Carpenter

CHEESE BALL

1 (3 oz.) Roka cheese	1 tsp. garlic
1 (8 oz.) sharp Cheddar	Dash of Worcestershire sauce
1 (8 oz.) cream cheese	1 1/2 tsp. onion flakes

Mix all ingredients. Roll in nuts. Refrigerate.

Dina Stewart

APPETIZER

1 pkg. Doritos	Monterey Jack cheese (or any
1 jar mild Pepperoncini (peppers)	good melting cheese)

Slice peppers and scrape out seeds. Place Doritos on cookie sheet. Place pepper on Doritos and top with small slice of cheese. Bake at 325° about 1 minute or until cheese is melted.

Jenny Green

MEAT BALL APPETIZERS

1 lb. ground beef	1 can chopped water chestnuts
1 egg	1/2 c. bread crumbs
3/4 tsp. salt	1/2 onion, grated
Dash of pepper	1/2 tsp. oregano
1 c. jellied cranberry sauce	1/4 c. brown sugar
3/4 chili sauce	2 tsp. lemon juice

Mix ingredients of meat, egg, bread crumbs, onion, seasonings, and water chestnuts. Form meatballs. Makes 25 to 30.

In a skillet combine cranberries, chili sauce, brown sugar, and lemon juice. Simmer, stirring constantly, till sauce is smooth. Add meat balls; simmer 1 hour.

Lorraine Cooke

HORS D'OEUVRE PIE

1 frozen 9 inch pastry shell, thawed
12 oz. cream cheese
1/2 c. Hellmann's mayo
1/2 tsp. garlic salt

Garnishes: Cherry tomato halves
or quarters, sliced ripe olives,
sliced mushrooms, chopped
hard-boiled eggs

On large baking sheet, pat pastry into 11 inch circle. Pierce thoroughly with fork. Bake at 425° for 8 minutes or until lightly browned. Cool. Place on serving plate. Beat cream cheese, mayo and salt until fluffy. Spread evenly on pastry. Cover. Chill at least 4 hours. Garnish with remaining ingredients just before serving.

Nancy Carpenter

SALAD ON A CRUST

2 cans crescent rolls
1 (8 oz.) cream cheese
1 c. sour cream

1/2 c. mayo
1 pkg. Hidden Valley (dry)
Vegetables (as desired)

Spread rolls on pan; seal seams. Bake at 350° for 9 to 11 minutes. Let cool. Use mixer; mix topping. Let refrigerate 3 to 6 hours. Spread on cooled crust just before serving. Chop vegetables (broccoli, cauliflower, green pepper, onion, cucumber, carrots, etc.). Press on top just before serving. Cover with Saran and refrigerate to store.

Fran Hillman

SALMON LOG

1 lb. salmon (pink or red)
2 Tbsp. grated onion (optional)
1 tsp. hickory salt
8 oz. cream cheese

1 Tbsp. lemon juice
1 tsp. horseradish
1/4 tsp. salt

Mix well and chill several hours. Shape salmon into log; roll in a mixture of 1/2 cup finely chopped walnuts and 3 tablespoons parsley flakes. Chill. Serve with crackers. Lucky Shop.

Ethel Uzelac

STUFFED MUSHROOMS

1 lb. fresh mushrooms
8 oz. cream cheese
2 Tbsp. parsley
2 Tbsp. chives

1/2 pkg. Good Seasons cheese and
garlic dressing (dry)
2 Tbsp. butter

Chop stems and saute in butter. Add all other ingredients and mix with stems. Stuff mushroom caps. Bake at 350° for 20 minutes.

May be made 1 day ahead of time. Bake just before serving.

Judy Jones

VEGETABLE ANTIPASTO

Cherry tomatoes
Fresh artichokes
Fresh mushroom caps
Carrot sticks
Celery sticks
Cauliflowerets
Fresh pea pods

Green onions
Radishes, flowered
Zucchini spears
Cucumber spears
Broccoli
Asparagus spears

Chill vegetables. Use own judgement as to amount of vegetables used. Pile cherry tomatoes in center of a large basket or tray. Surround with remaining vegetables.

Note: Broccoli and asparagus may be raw or steamed 3 to 5 minutes, just until tender. Serve with your favorite dip.

Dana Prusky

ENGLISH MUFFIN PIZZA

2 (8 oz.) cans tomato sauce	1 tsp. Italian seasoning
1 Tbsp. oil	1/4 tsp. garlic powder
Salt	Toppings: Anchovies, sliced
8 English muffins, cut in halves	mushrooms, pepperoni,
1 c. Mozzarella cheese, shredded	sausage, green peppers, etc.
1 c. Romano cheese, shredded	

Heat oven to 425°. Combine tomato sauce, Italian seasoning, salt, and garlic powder. Spread about 2 1/2 tablespoons of sauce on each muffin. Sprinkle on the 2 cheeses. Add toppings as desired. Bake in hot oven until lightly browned and cheese is melted.

Mary Hahn

AVOCADO DIP

Blend (till almost creamy) 2 cups cottage cheese and 2 tablespoons lemon or lime juice. Add 2 mashed avocados and salt and pepper to taste.

Jenny Green

BEAN DIP

1 lb. sausage (prefer Bob Evans)	12 oz. Velveeta cheese
1 small can Hormel chili	

Cook sausage until crumbled into small chunks and well done. Add chili and cheese. Cook until cheese is melted. Serve warm with taco chips of your choice. (Left overs may be saved and reheated when needed.)

Judy Jones

DILL DIP

1 c. mayonnaise	1 c. sour cream
1 Tbsp. dry dill	1 Tbsp. minced onion
Salt to taste	Pinch of Beau Monde

Serve with cauliflower.

Marion Prowse

FRUIT DIP

1 egg, beaten	1/3 c. butter, melted
3/4 c. sugar	1 tsp. vanilla
Pinch of salt	1 c. heavy cream, whipped

Beat egg, sugar and salt together. Add butter gradually. Add vanilla while beating. Fold in whipped heavy cream. Chill.

Ginni Glass

CHERYL HUMPHRIE'S FRUIT DIP

8 oz. (soft) cream cheese
1 1/2 plus lemon juice
1/2 plus vanilla

1/4 c. powdered sugar
1 egg

Mix until smooth. Sprinkle with nutmeg. Refrigerate at least 1 hour.

Becky Boss

MEXICAN DIP

Layer in pie pan.

Layer One: 2 cans bean dip.

Layer Two: 3 avocados, peeled and mashed, with 1 tablespoon lemon juice, seasoned with salt and pepper.

Layer Three: 8 ounce sour cream mixed with package of taco mix. Garnish the top with black olives, green pepper, tomatoes, and Cheddar cheese. Serve with nacho chips. *Delicious!!*

Nancy Carpenter

SHRIMP DIP

1 can shrimp
1 (8 oz.) pkg. cream cheese
1 Tbsp. lemon juice
1/2 c. mayonnaise

1 Tbsp. catsup
1 Tbsp. onion flakes, softened with water
1/2 tsp. seasoned salt

Cream mayonnaise and cream cheese. Add other ingredients. Blend with mixer. Chill and serve with crackers.

Tangie Southern

BREAD AND BUTTER PICKLES

16 to 20 medium cucumbers
10 small onions
1/3 c. salt
3 c. vinegar
2 c. sugar

2 Tbsp. mustard seed
2 tsp. turmeric
2 tsp. celery seed
1 tsp. ground ginger
1 tsp. peppercorns

Slice cucumbers and onions thin. (A food processor makes this easy.) Combine cucumbers and onions. Layer with salt. Cover with ice and let stand 1 1/2 hours. Drain and rinse and drain again. Place remaining ingredients in large pot. Bring to a boil. Add cucumbers and onions. Return to a boil. Pack hot in 1 1/2 pint jars. Remove air bubbles by running a knife around the edges. Process 10 minutes in hot water bath. Makes 5 (1 1/2) pints.

Sherrie Cooke

DILL PICKLES - SHORT METHOD

30 to 40 medium cucumbers, cut
in halves or quarters,
lengthwise
3/4 c. sugar
1/2 c. salt

3 Tbsp. mixed pickling spices
Green or dry dill (1 head per jar)
1 qt. vinegar
1 qt. water

Combine sugar, salt, vinegar, and water. Tie spices in a cheesecloth bag; add to vinegar mixture. Simmer 15 minutes. Pack cucumbers in hot pint jars. Put a head of dill in each jar. Heat brine to boil. Pour over cucumbers. Remove air bubbles by running a knife around edge of jar. Process 15 minutes in a hot water bath. Makes 14 pints.

Sherrie Cooke

CANDIED SWEET DILL PICKLES

1 qt. cured, sliced or chunk dill
pickles, drained
3/4 c. white vinegar

2 3/4 c. sugar
1 tsp. celery seed
1 tsp. mustard seed

Mix together vinegar, sugar, celery seed, and mustard seed. Heat to boiling point. Remove from stove and let stand 4 hours. Pour over pickles in jar and store in refrigerator. Ready to eat in 4 days.

Helen Glenn

CRANBERRY RELISH

1 lb. cranberries
5 c. ground apples (approx. 3 lb.)

2 oranges (1 with rind, 1 without)
4 c. sugar

Grind together cranberries, apples and oranges. Stir in sugar. Refrigerate.

Note: Artificial sweetener may be used if desired. Sweeten to taste.

Helen Glenn

RIPE TOMATO RELISH (CHUTNEY)

10 lb. tomatoes
6 medium onions
3 green peppers
3 red peppers (green turned red)
1 1/2 c. celery (optional)
3 Tbsp. salt

1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
1 tsp. ginger
3 c. vinegar
5 c. sugar

Cut ingredients in small pieces (skin tomatoes). Add spices, vinegar and sugar. Cook down until thick. (Can be cooked overnight in a 250° oven in open pan.) Can.

Helen Glenn

Soups, Salads, Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Jams & Preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12x20" pan	8 1/2 quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Canned Vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Fruit Cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1 1/2 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS, SALADS, VEGETABLES

BEAN SOUP

The famous Washington D.C. Senate Restaurant recipe!

Take 2 pounds small navy pea beans; wash and run them through hot water until beans are white again. Put on fire with 4 quarts hot water. Take 1½ pounds smoked ham hocks and add to the beans. Boil slowly about 3 hours. Saute 1 onion, chopped, in butter. When light brown, add to the bean soup. Season with salt and pepper. Serve hot. Do not add salt until ready to serve.

Eleanor Lamb

CORN CHOWDER

5 slices bacon
1 small onion
1 qt. milk

1 can corn
2 boiled potatoes
Salt and pepper to taste

Fry bacon; brown onion (cut up). Break bacon into small pieces; add potatoes cut in cubes. Add corn and milk. Season to taste. Heat to boiling point and serve. Serves 4.

Lillian Winant

CREAM OF BROCCOLI SOUP

1 medium onion, sliced
1 medium carrot, sliced
1 small celery stalk, sliced
1 glove garlic
½ c. water
2 c. cooked broccoli, coarsely
chopped

1 tsp. salt
Generous pinch of cayenne pepper
½ c. cooked pasta
1 c. chicken broth
½ c. cream

Simmer onion, carrot, celery, garlic, and water for 10 minutes. Whirl in blender. Add broccoli, salt, cayenne, and pasta. Whirl in blender till smooth. Add broth and cream and whirl in blender again. At this point, you can chill soup and serve cold with a teaspoon of sour cream on top, or you can heat till warm - do not let boil.

Sherrie Cooke

Let your conduct be without covetousness, and be content with such things as you have. For He himself has said, "I will never fail you, nor forsake you". Hebrews 13:5.

BROCCOLI CHOWDER

1 lb. fresh broccoli	1 tsp. salt
2 (12 oz.) cans chicken broth	1/4 tsp. black pepper
3 c. milk	1/2 lb. Swiss cheese, grated
1 c. light cream (half & half)	1/4 c. butter
1 c. cooked ham, chopped	

Cook broccoli, covered with 1 can chicken broth until tender. Remove from broth; cool and chop. Add remaining broth, milk, cream, ham, salt, and pepper to broth in kettle. Bring to boil over medium heat, stirring occasionally. Stir in remaining ingredients and chopped broccoli. Heat just to serving temperature. Caution: Do not allow to boil again. Yield: 2 1/2 quarts.

Ginni Glass

CHICKEN AND RICE SOUP

1 (3 1/2 to 4 lb.) broiler fryer, cut up and skinned	1 1/2 tsp. pepper
2 qt. water	1 bay leaf
1 medium onion, chopped	3/4 c. uncooked long grain rice
2 stalks celery, thinly sliced	2 carrots, diced
1 1/2 tsp. salt	2 to 3 parsnips

Combine first 7 ingredients in a Dutch oven. Bring to a boil; cover and reduce heat and simmer 34 minutes. Remove chicken from Dutch oven, reserving broth. Discard bay leaf. Set chicken aside. Add rice and carrots and parsnips to broth; bring to a boil. Cover; reduce heat and simmer 20 minutes or until rice is tender. Bone chicken and cut into bite-size pieces. Add chicken to broth; heat thoroughly.

June Helfrich

CORN CHOWDER

4 Tbsp. butter	1 (13 oz.) can evaporated milk
1 1/2 c. finely chopped onion	1 (13 oz.) can water
4 c. peeled and diced boiling potatoes	1 (13 oz.) can fresh milk
3 c. water (enough to cover potatoes)	Salt and freshly ground black pepper to taste
2 (17 oz.) cans creamed corn	3 Tbsp. chopped fresh parsley leaves
2 (10 oz.) pkg. frozen corn kernels	

Melt butter in a 6 to 7 quart pot. Cook onion for 5 minutes over medium heat, stirring often.

Add potatoes and 3 cups water and bring to a boil. Cook over medium high heat for about 15 minutes, or until the potatoes are tender. Add remaining ingredients except parsley and bring to a boil. Lower heat and simmer for 5 minutes.

Puree half of the soup, a few cups at a time, in a blender or food processor and return to pot. Stir well. Garnish each bowl of soup with a little parsley.

Dee Stohler

CREAMY CLAM CHOWDER

2 (7 oz.) cans minced clams	1 1/2 c. milk
1/4 lb. salt pork, diced	1 1/2 c. light cream
2 c. water	1 1/2 tsp. salt
5 medium potatoes, diced	Dash of pepper
1/2 c. chopped onion	4 Tbsp. flour

Drain clams; reserve liquid. Fry salt pork till crisp in large saucepan; remove. Add water, potatoes, onion, and reserved clam liquor to fat in saucepan. Cook, covered, till potatoes are tender, 10 to 15 minutes. Add milk, cream, clams, and salt pork. Blend flour with 4 tablespoons cold water to make a smooth paste. Stir into chowder; heat slowly just to boiling. Season to taste with salt and pepper. Float butter atop each serving. Makes 6 servings.

Steven Jones

LENTIL STEW (SOUP)

1 c. lentils (more if you like a thick soup)	2 c. tomato juice
1 can condensed beef broth	4 c. water
1 clove garlic, crushed	1 tsp. salt
1 bay leaf	Several twists of pepper mill

Sort and rinse lentils. Combine with the preceding ingredients and bring to a boil; reduce to simmer. Cover and cook 1 1/2 hours or until lentils are tender.

1 rib celery, diced	4 slices bacon
1 small onion, peeled and diced	2 carrots, scraped and diced
1 large potato, peeled and diced	

Cook bacon until crisp; remove to paper toweling. Add celery and onion to bacon drippings and cook till tender. Lift from fat and add to beans. Add crumbled bacon, carrots and potatoes. Simmer another 30 minutes. Take off heat.

Optional: Hot dogs, sliced, Polish sausage, Italian sausage, etc. can be added 5 minutes before serving if desired.

Martha Berger

QUICK EGG DROP SOUP

1 qt. clear chicken broth	2 eggs, beaten vigorously
1/2 c. spinach, cut up fine (frozen will work, but fresh is best)	

Heat soup to boiling. Drop eggs into hot broth in small steady stream. Add spinach. Do not stir. Cover and turn off heat. Let set for 3 to 5 minutes. Serve immediately.

Phyllis Proctor

MUSHROOM SOUP

3/4 lb. chopped mushrooms	3 cans (5 c.) chicken broth
1/4 c. butter	3 Tbsp. flour
1/2 tsp. salt	1 c. heavy cream

Heat butter; saute mushrooms. Sprinkle flour and salt to coat. Add broth, gradually. Stir constantly and bring to a boil. Remove from heat; stir in cream. Whirl in blender and reheat; don't boil.

Sherrie Cooke

STRACCIATELLA (SCRAMBLE EGG SOUP FROM ROME)

4 to 6 c. chicken stock	2 Tbsp. minced parsley
2 eggs	Additional shredded Parmesan
1/4 c. shredded Parmesan cheese	cheese

Bring stock to boiling. In a small bowl, beat eggs to blend with 1/4 cup cheese and parsley. Pour mixture into a boiling chicken stock liquid very slowly. Remove from heat and serve. Sprinkle the additional shredded Parmesan cheese when serving.

Maria R. Hall

TURKEY BARLEY SOUP

1 cooked turkey carcass	8 c. turkey stock or chicken broth
2 medium onions, sliced	1 1/2 c. pearl barley
3 carrots, sliced	1/2 tsp. salt
Several sprigs of parsley	1/4 tsp. pepper
1 bay leaf	2 Tbsp. chopped parsley
3 celery stalks	Chopped cooked carrots for garnish
1/4 tsp. marjoram	
1/4 tsp. thyme	

Remove turkey meat from carcass and reserve for garnish. Break carcass up and put into large pot with onion, carrots, celery, parsley springs, bay leaf, celery, marjoram, and thyme. Add turkey stock. Simmer, gently, until flavors are well blended, about 2 hours. *Do not boil.* Strain broth back into pan. Add barley and cook until tender, about 1 1/2 hours. Add reserved turkey meat, salt and pepper. Taste and adjust seasonings. Garnish with chopped parsley and diced cooked carrots.

Gus Janke

And we know that all things work together for good to those who love God, to those who are called according to his purpose. Romans 8:28.

TURKEY SOUP

3 large carrots, chopped fine	1 c. onion, chopped fine
6 whole cloves	1 c. celery, chopped fine
1/2 c. rice (uncooked)	Salt and pepper to taste
2 chicken bouillon cubes	3 c. cooked turkey, cubed
2 (1 lb.) cans stewed tomatoes	Seasoned chicken stock

This is a dandy way to use up that leftover turkey. Put bones and all trimming in about 3 quarts of water. Let simmer for about 1 hour. Strain. Put in heavy saucepan and add all vegetables. Add chicken cubes and 2 or 3 teaspoons seasoned chicken stock. Add rice and let cook until rice and vegetables are almost tender. Add cubed turkey and tomatoes. Add cloves and let simmer another 30 minutes.

This is another one of the adjustable soups. I often cook a 3 to 4 pound chicken and make soup same way. You may add more or less tomatoes. If you want meat in the soup, add more turkey. Bouillon and seasoned chicken stock both have salt in them, so taste before adding salt. Remove cloves before serving. This soup freezes beautifully.

Eleanor Lamb

PERFECT PEANUT SOUP

1 medium onion, chopped	2 qt. canned chicken broth
2 ribs celery, chopped	2 c. smooth peanut butter
1/4 c. butter	1 3/4 c. light cream
3 Tbsp. all-purpose flour	Peanuts, chopped

Saute onion and celery in butter until soft, but not brown. Stir in flour until blended. Add chicken broth, stirring constantly. Bring to a boil. Remove from heat and puree in blender or food processor. Add peanut butter and cream; blend thoroughly. Return to low heat until just hot, but do not boil. Serve, garnished with peanuts.

Jan Bradford

CHILLED CUCUMBER SOUP

1/4 c. butter	4 c. chicken broth
4 c. chopped, peeled cucumbers	Salt and pepper
1 c. chopped green onions	1/2 c. half & half
1/4 c. flour	Cucumber slices for garnish

In skillet, over medium heat, cook cucumber and onion in butter till tender. Blend in flour. Gradually add broth; cook till thickened and begins to boil. Add salt and pepper to taste. Cover and simmer 10 minutes, stirring occasionally. Refrigerate until chilled. In blender on medium speed, whirl until smooth. Strain if desired. Stir in half & half and pour into chilled bowl. Garnish with cucumber slices.

Sherrie Cooke

GAZPACHO

1 1/2 c. tomato juice	2 Tbsp. red wine vinegar
1 tsp. beef bouillon	1 Tbsp. salad oil
1 tomato, chopped	1/2 tsp. salt
1/4 c. chopped unpared cucumber	1/2 tsp. Worcestershire sauce
2 Tbsp. chopped green pepper	3 drops Tabasco
2 Tbsp. chopped green onion	

Accompaniments:

1/3 c. chopped tomato	1/3 c. chopped green pepper
1/3 c. chopped unpared cucumber	1/3 c. chopped green onion

Heat tomato juice to boiling. Add bouillon; stir till dissolved. Stir in remaining ingredients except accompaniments. Chill several hours. Serve with accompaniments. Makes 2 1/2 cups.

Make early on a hot summer day for a light, cool dinner.

Sherrie Cooke

GLENDAS FIVE BEAN SALAD

2 cans green beans	1 green pepper
1 can yellow wax beans	2 medium onions
1 can red kidney beans	1 1/2 c. white vinegar
1 can chickpeas	1/2 c. water
1 can baby lima beans	1 3/4 c. sugar
3 stalks celery	1 Tbsp. salt

Drain beans and mix together in large bowl. Finely chop celery, onion and green pepper; mix in with beans. Boil vinegar, water, salt, and sugar till sugar is dissolved. Cool and pour over vegetables. Mix lightly but well. Refrigerate for at least 24 hours before serving.

Debbie Stoye

APPLE MALLOW COLESLAW

4 c. shredded cabbage	1/4 c. salted peanuts
1 1/2 c. miniature marshmallows	1/4 tsp. salt
1 c. chopped red apple	1/2 c. Miracle Whip salad dressing
1/2 c. raisins	

In large bowl combine cabbage, marshmallows, apple, raisins, nuts, salad dressing, and salt. Toss well. Cover and refrigerate until ready to serve.

Helen Glenn

COLE SLAW

Chop together 1 medium size cabbage and 1 large green pepper. Add 6 or 7 chopped carrots and 1 teaspoon salt.

Dressing for Slaw:

1 1/2 c. sugar	3/4 c. vinegar, diluted with water if sour
3/4 c. oil dressing (Italian oil)	1 tsp. celery seed
1/2 tsp. onion salt or green onion	

Heat and bring to rolling boil. Pour over vegetables and mix together. Cool. Better after first day; can be used for several days. *My mother's favorite.*

Eleanor Lamb

GERMAN AMERICAN HOT POTATO SALAD

8 cooked and diced potatoes	1/2 onion, fried in bacon fat
3/4 lb. bacon, fried	

Remove most of fat then add onions and bacon to the potatoes. Mix 1 cup mayonnaise and 1 cup sour cream. Add to the potatoes and bake for 1 hour at 200°. Add a little parsley and serve.

Lillian Barsuhn

UP-NORTH FRENCH POTATO SALAD

1 lb. sliced bacon	Boiling water
3 lb. small, red new potatoes (unpeeled), cut into 1/4 inch slices	1 lb. fresh green beans

Dressing:

1/4 c. olive or salad oil	1 garlic clove, crushed
1/4 c. tarragon vinegar	1 tsp. salt
1/4 c. canned undiluted beef consomme	1 tsp. dry mustard
1/2 c. chopped green onions	1/2 tsp. sweet basil
1/4 c. chopped fresh parsley	1/2 tsp. tarragon
	Freshly ground pepper

Cut bacon into 1 1/2 inch pieces. Place in large skillet. Cook bacon over medium heat until lightly browned, stirring occasionally, about 15 minutes. With slotted spoon, remove bacon to paper towels to drain. Place sliced potatoes in saucepan with boiling salted water to cover. Cover and reduce heat; cook for 8 to 10 minutes. Drain. Wash and trim green beans. Cut into 2 or 3 inch pieces. Place in saucepan with 1/2 inch boiling salted water. Cover and cook until tender, about 8 to 10 minutes. Combine potatoes and beans in large bowl. Pour dressing mixture over warm vegetables. Add bacon pieces and toss gently until well mixed.

Ann Smallwood

POTATO, MUSHROOM AND SHRIMP SALAD

2 large red bell peppers
6 Tbsp. olive oil
2 Tbsp. red wine vinegar
1 large clove garlic, mashed to a
paste
Salt
Freshly ground pepper
1 small red onion, thinly sliced

8 medium new potatoes (about 1
lb.), scrubbed
1/2 c. cubed slab bacon
1/2 lb. medium shrimp, shelled and
deveined
1 Tbsp. drained capers
2 Tbsp. minced fresh parsley

1. Heat broiler.
2. Roast red peppers on broiler pan 4 inches from heat, turning frequently, until skin is charred and blistered on all sides, about 10 minutes. Place peppers in paper bag until cool enough to handle, about 15 minutes. Cut cooled peppers in halves lengthwise. Remove and discard stems, seeds, and veins; peel. Slice peppers lengthwise in 1/2 inch strips; reserve.
3. Combine oil, vinegar, garlic, and salt and pepper to taste in large bowl; whisk to combine. Add onion and mushrooms to coat. Let stand, covered, at room temperature, 1 to 2 hours.
4. Meanwhile, combine potatoes with cold water to cover in large saucepan; cook about 20 minutes. Peel and dice; add to mushroom mixture and toss.
5. Heat bacon in small skillet over low heat until fat begins to render, about 5 minutes. Increase heat to medium; saute bacon, stirring frequently until golden brown and crisp. Drain.
6. Heat in medium saucepan of salted water over high heat to boiling. Add shrimp; remove from heat. Allow to stand until bright pink. Drain.
7. Add bacon and shrimp to potato mixture in bowl; mix. Sprinkle with capers and parsley.

Ann Smallwood

ANN SMALLWOOD'S CABBAGE SALAD

1 head cabbage, chopped
8 Tbsp. slivered toasted almonds
8 Tbsp. toasted sesame seeds

8 green onions, chopped
2 pkg. Ramen noodles (uncooked)

Combine ahead of time the cabbage and onions. You can add dressing at this time, but do not add the almonds, sesame seeds, and noodles until just before serving.

Dressing:

4 Tbsp. sugar
1 tsp. pepper
1/2 to 2/3 c. oil
2 tsp. Accent

1 tsp. salt
6 Tbsp. rice wine vinegar (be sure
to get this vinegar)

Combine all the ingredients until the sugar is dissolved, then add the oil. Mix well before putting over cabbage. *This is sooo good.*

Lorraine Cooke, Ann Smallwood

BROCCOLI-CAULIFLOWER SALAD

Mix together:

- 1 bunch broccoli (bite-size pieces)
- 1 head cauliflower (bite-size pieces)
- 1 small Bermuda onion, chopped or in rings

Dressing:

- 1 c. mayo or Miracle Whip
- 2 Tbsp. vinegar

- 1/2 c. shredded Cheddar cheese
- 1/2 lb. bacon, fried and crumbled

Combine dressing ingredients and stir into tossed ingredients.

Nancy Carpenter

PEAS AND PEANUT SALAD

- 10 oz. pkg. frozen peas, thawed
- 1 c. salted peanuts
- 1/4 c. chopped onion
- 1/4 c. crisp, crumbled bacon

- 1/2 c. chopped celery
- 1/2 c. sour cream
- 1/2 tsp. salt
- 2 Tbsp. Miracle Whip

Combine all ingredients, mixing well. Chill. Makes 8 servings.

Nancy Carpenter

LAYERED SPRING OR LATE SUMMER SALAD

- 4 to 6 medium tomatoes
- 1 large Spanish onion
- 1 carrot, thinly slivered
- 1 tsp. oregano, evenly sprinkled
- 1 stalk celery, chopped
- 2 Tbsp. olive oil or any Italian dressing
- 1 medium head iceberg lettuce

- Parsley (several sprigs)
- Salt and pepper to taste
- Green pepper rings
- 1/8 tsp. crushed red hot peppers (optional)
- Garlic powder or 1 clove garlic, chopped

Make a bed of lettuce, sliced $\frac{1}{2}$ inch thick, on a large platter. Arrange sliced tomatoes over lettuce. Arrange onion rings and pepper rings over tomatoes, leaving a blank circle in center. Divide chopped celery over tomato and onion rings. Place slivered carrots in center. Season with salt, pepper and dressing. Serve chilled.

Maria R. Hall

OVERNIGHT SALAD

1 head lettuce, broken up
1 cauliflower, cut in pieces

1 lb. bacon fried crisp, cut up
1 Bermuda onion, sliced very thin

Layer the above ingredients. Salt and pepper. Put in a 9x13 inch baking dish. Ice top with 1½ cups mayonnaise. Sprinkle ½ cup Parmesan cheese on top and ¼ cup sugar in that order. Refrigerate for 8 hours or more. Stir and serve. Serves 12.

Variations: Use layers of carrots, frozen cooked green beans and frozen cooked green peas.

Eleanor Lamb

SPAGHETTI SALAD

1 chopped onion
1 chopped green pepper
12 oz. Italian dressing

Salad Supreme (lots, about ½ to 1 bottle)
½ to ¾ box spaghetti, cooked

Mix all and chill overnight.

Jenny Green

CHICKEN SALAD

4 deboned chicken breasts
1 c. whipping cream
½ c. mayonnaise
½ c. sour cream
1 tsp. tarragon

Fresh ground pepper
Salt
3 tart apples
Green grapes

Bake chicken breasts at 350° for ½ hour in whipping cream. Drain and chill. Cut into small strips.

Dressing: Combine mayonnaise, sour cream, tarragon, pepper, and salt. Add chicken, apples and pecans and mix well. Garnish with grapes and chill overnight.

Ann Smallwood

TACO SALAD

1 head lettuce, chopped
1 can black olives, chopped
1 to 2 tomatoes, chopped
1 lb. hamburger, fried and drained

½ bottle taco sauce
½ lb. Velveeta cheese
1 can cream of mushroom soup
1 bag Doritos, crushed

In large deep bowl, put in first 3 ingredients. Fry hamburger; drain and add taco sauce. Mix well. In another pan, melt cheese and soup until creamy. Sprinkle hamburger on top of lettuce, olives, and tomatoes. Pour cheese over all ingredients and then crushed Doritos on top. Serve immediately.

Carolyn Wood

RIPE OLIVE AND ARTICHOKE SALAD

1 head Bibb or leaf lettuce,
washed and dried
1 (6 oz.) jar marinated artichoke
hearts, drained

Dressing:

Juice of a half lemon
1 tsp. dill weed
1/4 c. olive oil

1/2 of a 10 oz. can pitted ripe olives
Parmesan cheese to taste
Croutons to taste

Tear lettuce into bite-size pieces. Cut artichoke hearts into quarters. Cut olives into halves. Just before serving, toss with salad dressing. Top with croutons and sprinkle with Parmesan cheese. Gently toss again.

Lorraine Cooke

HEARTS OF PALM SALAD

Garnish your favorite mixed green salad with sliced canned hearts of palm, sliced hard cooked egg, and crumbled Roquefort cheese.

Lorraine Cooke

MARGE'S SALAD DRESSING

2 c. salad oil
2/3 c. sugar
2/3 c. vinegar
1/2 tsp. dry mustard

1/4 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. pepper

Mix together ingredients in a lidded jar and shake well or put into blender and blend at high speed.

Excellent on fruit salad or lettuce salads.

Tangie Southern

HONEY CELERY SEED DRESSING

Especially wonderful on fruits.

2/3 c. sugar
1 tsp. paprika
1/4 tsp. salt
5 Tbsp. vinegar
1 tsp. lemon juice
1 tsp. grated onion

1 tsp. dry mustard
1 tsp. celery seed
1/3 c. honey
1 c. Mazola oil (don't substitute another)

Heat honey, vinegar and sugar until dissolved. Mix dry ingredients and add to cooked mixture with lemon and onion. Pour oil slowly into mixture beating constantly with mixer.

Phyllis Proctor

CLAM-AVOCADO MOLD

1 (10½ oz.) can minced clams	1 pkg. lime gelatin
½ c. sour cream	3 tsp. cider vinegar
½ c. mashed avocado	½ c. mayonnaise
1 tsp. minced celery	1 tsp. minced onion
½ tsp. salt	½ c. chopped green pepper

Drain minced clams, saving clam juice. Measure 3 teaspoons vinegar into measuring cup; fill to 1 cup level with clam juice. Heat clam juice to boiling. Dissolve gelatin into hot clam juice. Refrigerate until thickened. Remove from refrigerator and whip until foamy. Stir in sour cream and mayonnaise. Fold in remaining ingredients. Pour into mold.

Betty Thomas

SEAFOOD AND PASTA SALAD

½ lb. cooked shrimp	¼ lb. sliced mushrooms
½ lb. cooked scallops	1 pkg. green peas, thawed
½ lb. cooked crab	Halved cherry tomatoes
1 pkg. cooked noodles (sea shell)	1 green and 1 red pepper, roasted,
1 jar artichoke hearts, sliced	peeled and sliced

Combine all ingredients and mix with olive oil and vinegar dressing. Add fresh basil to taste.

Ann Smallwood

SHRIMP SALAD

2 c. (before cooking) macaroni	6 to 8 hard-boiled eggs, chopped
½ c. celery, chopped	½ c. onion, chopped
3 cans cleaned shrimp	1 can peas, drained
2 c. salad dressing	½ c. milk

Mix all ingredients together. Chill.

Janet Kakkuri

SPINACH SALAD

1 lb. spinach	3 hard cooked eggs, sliced
1 can bean sprouts, drained	3 to 6 slices bacon, cooked and
1 can water chestnuts, sliced	crushed

Dressing:

1 c. oil	½ c. sugar
1 small grated onion	2 Tbsp. Worcestershire
½ c. catsup	1/4 c. vinegar
½ tsp. salt	

Layer in bowl and put dressing on top. *Enjoy!*

Kris Cook

SPINACH SALAD

1 (12 oz.) pkg. fresh spinach,
washed and torn
2 c. fresh mushrooms, sliced
4 hard-boiled eggs, coarsely
chopped

Dressing - Chill overnight:

1/2 c. salad oil
1/3 c. sugar
1/2 c. ketchup
1/4 c. vinegar

5 to 6 slices cooked bacon,
crumbled
1 Bermuda onion, thinly sliced

1 tsp. paprika
1 tsp. A-1 sauce
1/2 c. chopped sweet onion
1 tsp. salt

A little different - and good!

Kathy Mann

SPINACH SALAD

1/4 tsp. salt
1 tsp. dry mustard
1 1/2 c. sugar
1/2 c. vinegar

1 1/2 Tbsp. onion juice
1 Tbsp. sesame seed
Mandarin orange sections

Clean spinach leaves (shake water off). Place on salad plate. Lay mandarin orange sections on top of leaves. Pour dressing over salad; sprinkle with slivered almonds.

This is like Hudson's spinach salad dressing.

Mona Darby

SPINACH SEVEN LAYER SALAD

1 (10 oz.) pkg. fresh spinach,
chopped
1/2 tsp. sugar
6 hard-boiled eggs, chopped
1/2 lb. ham, cut in strips
1/2 lb. Swiss cheese, cut in strips

1 (10 oz.) pkg. frozen peas (do not
thaw)
1 red onion, sliced thin
1 small head lettuce, chopped
Salt and pepper to taste

Layer first the spinach, salt, pepper, and sugar. Second layer eggs. Third layer ham. Fourth layer peas (frozen). Fifth layer onion. Sixth layer cheese. Seventh layer lettuce.

Topping:

1 c. sour cream

2 c. real mayonnaise

Mix together and frost top of salad like a cake. Sprinkle bacon bits on top just before serving. Make 24 hours ahead in a 9x13 inch glass dish.

Carolyn Wood

CANDIED ALMOND FRUIT SALAD

1/2 head lettuce (bite-size pieces)	1 Tbsp. minced parsley
1/2 c. diced celery	2 thinly sliced scallions
1 c. seedless green grapes	1 (11 oz.) can mandarin oranges
Candied almonds	

Dressing:

1/2 tsp. salt	1/4 tsp. Tabasco sauce
2 Tbsp. vinegar	1/4 c. salad oil

Mix dressing ingredients and shake well (dissolve the sugar in the vinegar before adding the oil). Toss salad with dressing. Garnish with candied almonds.

Make ahead note: Put fruits, parsley, celery, and onions in bottom of bowl. Put lettuce on top and store in the refrigerator till time to serve, then toss with dressing and garnish with almonds.

Candied Almonds:

1/2 c. blanched slivered almonds	4 Tbsp. sugar
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Mix together in heavy pan. Cook, stirring constantly, over high heat in heavy pan. Cook, stirring constantly, over high heat until sugar turns to a light brown syrup and almonds are coated with syrup and are light brown themselves. Pour out and separate as well as you can on aluminum foil. Finish breaking apart when cool. (This looks like peanut brittle.)

Lorraine Cooke

FIVE CUP SALAD

1 c. (or small can) mandarin oranges	1 c. small marshmallows
1 c. pineapple chunks	1 c. coconut

Mix ingredients and refrigerate overnight.

Kathy Mann

FRUIT SALAD

1 can drained pears
1 can drained chunk pineapple
Maraschino cherries, sliced in halves
2 oranges (bite-size)
Raisins (as many as you like)

1 can drained sliced peaches
Marshmallows (bite-size - as many as you like)
2 bananas, sliced
Walnuts (as many as you like)

Use the drained pineapple juice as the basis. If you need more, use pear juice. For each cup of juice use 1 tablespoon cornstarch and 1 egg. (Add corn starch to cold ingredients only.) Add sugar to taste and vanilla if desired. Heat and stir to very thick consistency. Chill. Add carefully in salad and chill several hours (not overnight).

Marion Prowse

FROZEN FRUIT SALAD

1 pt. sour cream	1/2 c. sliced maraschino cherries
2 Tbsp. lemon juice	1/2 c. chopped nuts
3/4 c. sugar	1 medium can (303) pineapple
1/8 tsp. salt	chunks

Mix first 4 ingredients well and add next four. Pour in a 9x13 inch pan and freeze well. Best to allow overnight. Serves 6 to 8. Keeps in freezer a long time. Slice for serving in 1 1/2 inch thick slices.

Myrtle White

FROZEN FRUIT SALAD

1 (8 oz.) pkg. Philadelphia cream cheese	1/2 c. nuts
	3 large bananas
1 (9 oz.) ctn. Cool Whip	1 (10 oz.) ctn. strawberries
3/4 c. sugar	1 tall can chunk pineapple

Blend cream cheese and Cool Whip; add sugar, nuts, bananas, thawed strawberries (do not drain), and pineapple, drained. Put in freezer to freeze; take out a couple of hours before serving.

Shirley Hardesty

FROZEN FRUIT SALAD

1 (3 oz.) pkg. cream cheese	2 Tbsp. cream
2 Tbsp. lemon juice	1/4 tsp. salt
1 c. crushed pineapple	1/2 c. Royal Anne cherries
1/2 c. pecans	1/3 c. mayonnaise
1/2 c. maraschino cherries	1 c. whipped cream

Mix cheese and cream. Add mayonnaise, lemon juice, salt, pineapple, pecans, and cherries. Fold in whipped cream. Mix and freeze.

Pat Simmons

JELLO CHEESE FLUFF

2 (3 oz.) pkg. jello (any flavor)	1 medium can crushed pineapple,
1 ctn. Cool Whip	drained well
1 lb. cottage cheese	

Mix jelly, *dry*, in with cottage cheese. Add *well drained* pineapple. Fold in Cool Whip and mix lightly but well. One-half cup chopped nuts may be added if desired.

Myrtle White

MOLDED FRUIT SALAD

1 (8 1/4 oz.) can crushed pineapple (undrained)	Cold water
1 (3 oz.) pkg. lemon flavored gelatin	1 (8 oz.) container soft cream cheese
1 c. boiling water	1 medium apple, chopped

Drain pineapple, reserving syrup. Dissolve gelatin in boiling water. Add reserved syrup and enough cold water to measure 1/2 cup. Gradually add to cream cheese, mixing until well blended. Chill until partially set; fold in fruit. Pour into 8 inch square baking dish; chill until firm. Makes 6 to 8 servings.

Crystal L. Gallagher

BERRY PINK SALAD

2 (3 oz.) pkg. strawberry jello	1 (8 1/2 oz.) can crushed pineapple (undrained)
1 c. boiling water	1 c. sour cream
2 ripe bananas	

1 (16 oz.) pkg. frozen sliced
strawberries

Place boiling water and jello in blender. Cover and blend on high speed for 1 minute. Add bananas and blend about 30 seconds. Cut frozen strawberries in small squares. Turn blender to high speed. Add strawberry squares gradually. Blend until thoroughly combined. Stop blender; stir in crushed undrained pineapple. Place half of jello mixture in a pretty glass bowl and allow to partially set. Carefully spread sour cream over partially set jello mixture. Add remaining jello over cream. Chill until set. Serves 6 to 8.

Lois Mersoles

BING CHERRY JELLO

4 small boxes of black cherry jello	1 (8 oz.) can dark cherries, pitted
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Make jello as prescribed. Before set up, blend in can of cherries including juice. Make sure cherries are distributed throughout. Place in an 8x10 inch cake pan in refrigerator.

Mike Critch

CRANBERRY SALAD

2 (3 oz.) boxes raspberry jello	1 can whole cranberry sauce
1 c. water	1 (No. 2) can crushed pineapple, drained
1 c. orange juice	
1/4 tsp. salt	

Combine water and orange juice; heat to boiling. Add jello and stir well. Add salt and cranberry sauce; stir well. Add pineapple and mix well. Chill; use a 9x13 inch pan.

Eunice Nance

CRANBERRY SALAD MOLD

1 pkg. strawberry jello	2 Tbsp. mayo
1 c. boiling water	1 c. thawed frozen whipped
3/4 c. cold water	topping
1 (3 oz.) pkg. cream cheese, softened	1 (14 oz.) jar cran-orange relish 1/2 c. thinly sliced celery

Dissolve jello in boiling water. Stir in cold water. Measure out $\frac{1}{4}$ cup of the mixture and cool. Chill remaining mix in bowl 20 minutes. Add relish and celery. Beat cream cheese; blend in mayo and $\frac{1}{4}$ cup jello mix. Fold in whipped topping. Place cream cheese mixture in serving bowl. Spoon relish mixture over top. Chill.

Nancy Carpenter

JELLO SALAD

1 (16 oz.) Cool Whip	1 (6 oz.) pkg. jello (any flavor)
1 (20 oz.) can crushed pineapple	1 c. chopped walnuts
1 (24 oz.) container small curd cottage cheese	

Combine all ingredients in a large mixing bowl. Chill until set.

Crystal L. Gallagher

DELLA ROBBIA AMBROSIA

1 (3 oz.) pkg. orange-pineapple jello	1 (8 oz.) ctn. Cool Whip topping, thawed
1 (11 oz.) can mandarin oranges	1 1/2 to 2 pkg. ladyfingers
1 (17 1/2 oz.) can vanilla pudding	Toasted coconut
1 (8 1/2 oz.) can crushed pineapple	

Drain oranges; reserve liquid. Add water to make 1 cup. Heat to boiling; add jello, stirring to dissolve. Cool until thickness of beaten egg whites. Blend in pudding until smooth. Add drained oranges (save some for garnish). Add undrained pineapple. Gently fold in the topping. Line bottom and sides of spring form pan (9 inches) with ladyfingers. Pile gelatin mixture into mold. Chill several hours before serving. (Should be firm.) Garnish with oranges and toasted coconut before serving. Remove sides of pan and slice. Makes 12 to 14 servings.

Marie Harned

I will bless the Lord at all times, His praise shall continually be in my mouth.
Psalm 34:1.

TRIPLE-ORANGE AMBROSIA SALAD

2 c. boiling liquid (water or fruit syrup)	1 (6 oz.) pkg. orange gelatin
1 pt. orange sherbet	2 (11 oz.) cans mandarin oranges, drained
1 (13½ oz.) can pineapple chunks, drained	1 c. flaked coconut
1 c. miniature marshmallows	1 c. sour cream or ½ c. whipping cream, whipped

Pour boiling liquid over gelatin in bowl, stirring until gelatin is dissolved. Add orange sherbet; stir until melted. Stir in 1 can of the mandarin orange segments. Pour into 6 cup ring mold; chill until firm.

Combine remaining orange segments, the pineapple, coconut, and marshmallows. Fold in sour cream. Chill at least 3 hours. Fill center of unmolded salad with fruit mixture. Serves 10 to 12.

Lois Merselles

RASPBERRY-APPLESAUCE MOLD

1 c. applesauce	1 (10 oz.) pkg. frozen raspberries, thawed
1 (3 oz.) pkg. raspberry jello	

Heat applesauce just to boil. Add jello; mix well. Stir in raspberries. Pour into 8 or 9 inch ring mold or glass bowl. Chill until set. Serve with sour cream or whipped cream-mayonnaise dressing. Serves 6.

Lois Merselles

SEVEN-UP SALAD

1 large pkg. lime jello	1 small pkg. cream cheese
2 c. 7-Up (16 oz.)	1 pkg. Dream Whip, prepared
1 can crushed pineapple	

Dissolve jello in 2 cups boiling water. Beat in cheese with rotary or electric mixer. Add 7-Up. Chill until partially set. Beat in Dream Whip. Stir in pineapple. Chill until set.

Eleanor Lamb

SOUTHERN BELLE SALAD

1 (3 oz.) pkg. cherry jello	1 (10 oz.) bottle cola
2 Tbsp. lemon juice	1 (1 lb.) can dark sweet cherries, pitted and drained
½ c. chopped pecans	
1 c. boiling water	

In bowl or 6 cup mold, dissolve jello in boiling water. Add cola and lemon juice. Chill until slightly thickened. Add cherries and pecans. Chill until set. Makes 6 servings.

Eleanor Lamb

TRIPLE LAYER JELLO (STRAWBERRY OR PEACH)

1 (6 oz.) pkg. peach or strawberry jello	1/2 tsp. almond extract
2 c. boiling water	1 (19 oz.) can sliced peaches or 1 qt. strawberries
2 c. cold water	2 to 3 c. Cool Whip, thawed

Dissolve gelatin in boiling water. Add cold water and almond extract. Chill until slightly thickened, about 1 hour. Measure about $\frac{2}{3}$ cup. Pour into an 8 cup mold and chill about 10 minutes.

Measure 1 1/2 cups gelatin. Blend into Cool Whip. Carefully spoon into mold. Chill about 10 minutes. Add fruit (peaches or strawberries) to remaining gelatin. Carefully spoon into mold. Chill 4 to 5 hours or overnight.

Claudia Hanselman

BEAN CASSEROLE

1 can sliced water chestnuts	1 c. mayonnaise
1 can French green beans	1 tsp. Worcestershire
1 can green peas	1 tsp. mustard
1 can baby lima beans	1 chopped onion

Mix water chestnut juice with mayonnaise, Worcestershire and mustard. Add to vegetables and mix. Top with bread crumbs or canned fried onion rings. Bake at 350° for 25 to 30 minutes.

Jenny Green

BROCCOLI CASSEROLE

2 pkg. frozen broccoli	2 cans cream of mushroom soup
1 c. water	1 stick butter, cut up
1 (8 oz.) jar Cheez Whiz	3/4 c. chopped onion
3/4 c. diced celery	2 c. Minute rice, cooked

Mix all ingredients. Place in deep casserole dish. Bake at 350° for 1 hour.

Rose Marie Boesler

BROCCOLI CASSEROLE

1 large pkg. frozen broccoli	1 1/2 c. Ritz cracker crumbs
3/4 lb. Velveeta cheese	Dash of pepper
1/2 c. milk	1/2 c. butter

Cook broccoli slightly. Melt butter and cheese. Layer broccoli and cheese mixture in casserole dish. Add milk to cracker crumbs and top the casserole. Bake 20 minutes in a 350° oven.

Judy Jones

BROCCOLI SUPREME

2 eggs, slightly beaten

1 (10 oz.) pkg. chopped broccoli

1 (16 oz.) can cream style corn

2 Tbsp. chopped onions

3/4 c. dressing mix

Seasoning to taste

Mix all ingredients together. Top with 1/4 cup dressing mix. Bake in a 350° oven for 50 to 60 minutes.

Helen Glenn from Muriel DeLauder

CHEESE-LAYERED BROCCOLI

2 pkg. chopped broccoli, thawed
and drained

1/2 c. sour cream

1/2 c. mayo

1/4 c. onion, chopped

1 c. Cheddar cheese, grated

1 c. mushrooms, sliced

1/2 c. onion and garlic croutons,
crushed

2 Tbsp. butter

Butter square cake pan. Spoon broccoli into pan. Combine sour cream, mayo and onion. Spread over broccoli. Sprinkle with cheese, mushrooms and croutons; dot with butter. Bake at 375° for 35 to 40 minutes.

Nancy Carpenter

BROCCOLI-RICE CASSEROLE

2 2/3 c. Minute rice

1 c. onion, diced fine

1 c. celery, diced fine

1 (20 oz.) pkg. broccoli, diced fine

2 sticks softened butter

1 (16 oz.) jar Cheez Whiz

2 cans cream of mushroom soup

In a large mixing bowl, combine all ingredients. Pour into a casserole dish and bake at 325° for 60 to 70 minutes.

Crystal L. Gallagher

CARROTS AND GREEN BEANS AU GRATIN

2 c. fresh sliced carrots, cooked
(do not overcook)

1 c. fresh green beans, cooked (do
not overcook)

1/2 tsp. salt

3 Tbsp. butter or margarine,
melted

1 c. milk

1/2 c. grated Cheddar cheese

1 egg, beaten

1 c. bread crumbs

1 Tbsp. butter or margarine,
melted

Combine first 7 ingredients and place in a 1 1/2 quart baking dish. Mix bread crumbs and melted butter and sprinkle over vegetables. Bake at 350° for 30 to 40 minutes. Serves 6 to 8.

Janet Kakkuri

CARROT SUPREME CASSEROLE

2 c. (or more) mashed, cooked carrots	1 c. crushed cheese crackers
1 (4 oz.) pkg. Cheddar cheese, shredded	2 eggs 1½ c. milk

Mix ingredients and put in baking dish. Sprinkle some reserved cheese crackers over top. Bake in a 350° oven for 30 minutes. (Mashed rutabaga may be substituted for carrots.)

Esther Essex

CAULIFLOWER CASSEROLE

1 large head cauliflower	2 medium onions
4 Tbsp. butter	4 Tbsp. flour
1½ c. milk	Salt and pepper
Worcestershire sauce	1 lb. grated American cheese

Break cauliflower in bite-size pieces; cook 10 minutes. Cook fresh onions 10 minutes. Make cream sauce of butter, flour and milk. Add seasonings and cheese. Layer in casserole the cauliflower, onions and cheese sauce. Bake 30 minutes at 350°.

Nancy Carpenter

CORN AU GRATIN

Specialty of Gulliver's Restaurant, Irvine, California.

1 lb. corn (fresh, canned or frozen)	2 Tbsp. sugar
12 oz. whipping cream	½ tsp. Accent
1½ Tbsp. butter	3 Tbsp. Parmesan cheese
1½ Tbsp. flour	3 Tbsp. butter, melted
1 tsp. salt	

Combine 1 pound corn with 12 ounces whipping cream and bring to a boil. With slotted spoon, separate corn from cream and return cream to fire. Make a paste from 1½ tablespoons butter and 1½ tablespoons flour. Gradually add to cream to thicken. Simmer 5 minutes, then add salt, sugar and Accent. Return corn to cream and bring back to boil over low heat. Transfer creamed corn to casserole; sprinkle top with Parmesan cheese and dot with 3 tablespoons melted butter. Brown under the broiler.

Judy Jones

SWISS CORN BAKE

1 (16 oz.) can drained corn	2 Tbsp. finely chopped onion
1 can evaporated milk	1 c. soft bread crumbs
1 c. Swiss cheese	2 Tbsp. butter, melted
2 beaten eggs	

Combine corn, evaporated milk, 3/4 cup cheese, eggs, onion, and dash of pepper. Put into 1 quart casserole. Toss bread crumbs with butter and remaining cheese. Sprinkle over corn. Bake at 350° for 25 to 30 minutes.

Dina Stewart

LENTIL AND BROWN RICE CASSEROLE

3/4 c. chicken broth or vegetable broth	1/2 tsp. basil
3/4 c. uncooked lentils	1/4 tsp. oregano
1/2 c. uncooked brown rice	1/4 tsp. thyme
3/4 c. chopped onion	1/4 tsp. garlic powder
Sliced carrots or other vegetable for color	1/4 tsp. Mrs. Dash

Mix all together. Bake, covered, 2 to 2 1/2 hours at 300°.

From "Natural Foods for all Occasions" by Sue Gregg. This is a "complete" meal. Nice served with tossed salad.

Martha Berger

EASY VEGETABLE LINGUINE

6 bacon slices	1/2 c. cherry tomato halves
1 c. broccoli flowerets	1/4 c. (1 oz.) Kraft grated Parmesan cheese
1/4 c. chopped onion	
3 oz. linguine, cooked and drained	

Cook bacon until crisp. Drain bacon, reserving 2 tablespoons fat. Sauté broccoli and onions in reserved fat. Crumble bacon. Add vegetables and bacon to combined remaining ingredients; mix lightly. Serve with additional cheese. Makes 2 servings.

Variations: Substitute 1/4 pound Italian sausage, cut into 1/2 inch pieces, cooked, for crumbled bacon.

Substitute frozen broccoli cuts, thawed, drained, for broccoli flowerets and tomato wedges for cherry tomato halves.

Delores Stohler

NAPA-STYLE MARINATED VEGETABLES

Choose 5 of the following, 1½ cups each:

Cherry tomatoes	Green or red pepper chunks, precooked slightly
Sliced cucumbers	Green or wax beans, precooked slightly
Sliced mushrooms	
Carrots, precooked slightly	
Cauliflower, precooked slightly	

You will also need 1 small onion, in rings. Layer 7½ cups vegetables, interspersing onion rings in clear bowl.

1 c. white wine vinegar	2 tsp. salt
1 c. salad oil	1 tsp. mustard seed
1/4 c. lemon juice	2 cloves minced garlic
1/2 c. sugar	1/2 tsp. whole peppercorns

Pour mixture over. When ready to serve, cover with mixture of ½ cup sour cream, ½ cup unsweetened whipped cream spiced with ginger and sesame oil if desired.

Nancy Carpenter

HASH BROWN CASSEROLE

2 lb. frozen hash browns	Salt and pepper to taste
1 lb. sour cream	Bread crumbs
1 can cream of celery soup	1/4 c. chopped onion
1 stick margarine, melted	1/4 c. chopped green pepper
8 oz. grated Colby cheese	

Combine sour cream, soup, salt, pepper, and some cheese. Add to mixture of hash browns, green pepper, onions, and some bread crumbs. Put into a greased 9x13 inch pan. Spread remaining cheese on top; sprinkle with bread crumbs. Drizzle melted margarine on top. Bake at 350° for 1 hour.

Cheryl Schmitke

POTATO CASSEROLE

2 lb. bag frozen hash browns, partly thawed	1/4 c. diced onions
1 pt. (2 c.) sour cream	1 stick melted margarine
1 c. cream of chicken soup or cream of mushroom soup	8 oz. grated Cheddar cheese

Mix ingredients well; hold out potatoes until other mixture is mixed well. Fold in potatoes. Pour into a 9x13 inch dish and bake at 350° for 1 to 1½ hours.

Brenda W. Thon, Jenny Green

BAKED NEW POTATOES (Per person)

Buy the smallest, most uniform, blemish free new potatoes you can find. Wash the potatoes and arrange in one layer on baking sheet. Bake in a 350° oven until tender. Adjust quantities of toppings according to the number of potatoes. Scoop small hole in each potato with melon baller.

Toppings: Surround potatoes with bowls of sour cream, chopped ham, scallops, grated cheese, chopped parsley, crumbled bacon, red caviar, and sweet butter.

Ann Smallwood

NORTH SHORE POTATOES

6 Tbsp. butter, divided	Dash of freshly ground pepper
2 c. shredded Cheddar cheese	1/2 medium onion, minced
2 c. sour cream	6 medium potatoes, boiled in skins
1/2 tsp. salt	and refrigerated for 24 hours.

Melt 4 tablespoons of the butter with the cheese in a double boiler. Add the sour cream, salt, pepper, and onions and stir until well blended; remove from heat. Peel the potatoes and grate them into the cheese mixture. Place mixture in a buttered 2 quart casserole and dot with remaining butter. Bake in a 350° oven for 45 minutes.

Hope Knight

POTATOES GRUYERE

4 potatoes, peeled and thinly sliced	2 Tbsp. chopped chives
1 c. sour cream	Salt and pepper
6 oz. Gruyere cheese, grated	Butter
1 small onion, finely chopped	Bread crumbs (seasoned are best)

Mix sour cream, cheese, onion, and chives. Butter a casserole and arrange a layer of potatoes; salt and pepper potatoes. Spread a layer of sour cream mixture. Continue until everything is used up. Sprinkle with bread crumbs; dot with butter and cover with a buttered lid. Bake at 350° for 2 hours. Serves 4 to 6.

Tangie Southern

LAZY PIEROGIS

1 can sauerkraut (large round can)	1 stick butter
1 (4 oz.) can mushrooms	1 lb. spiral noodles (riottini)
1 can mushroom soup	Salt and pepper to taste
3 medium onions, chopped fine	

Rinse sauerkraut in cold water; add enough water to cover and cook 1 hour (drain). Cook noodles al dente (10 to 12 minutes). Saute onion and mushrooms in butter. Combine all ingredients plus mushroom soup. Bake at 325° for 25 minutes or refrigerate and bake next day for 1 hour. Serves 12.

Joy McIntyre

GERMAN POTATO DUMPLINGS

10 large Idaho potatoes	Salt to taste
1 c. cooked mashed potatoes, cooled	1 Tbsp. corn starch
2 large onions, diced	1 lb. lean bacon, cut up and fried
1 egg, separated	or just pour batter with crumbs over dumplings

Cheese Filling:

1 ctn. or 1 lb. Piroki cheese	Salt
1 egg yolk	

Grate potatoes; put in mesh bag and squeeze most of the liquid out. Let this liquid set 10 minutes. Pour off the liquid and use the starch that has settled on bottom of pan. Add this to the potatoes and egg white and 1 tablespoon corn starch and 2 teaspoons salt. Mix well.

Prepare filling, mixing all ingredients together. Take 1 teaspoon of the dough and pat into palm of hand; flatten it. Put one teaspoon of cheese filling in and close all the way around cheese. Put dumplings in boiling water to simmer for 15 to 20 minutes. Do not cover pot while simmering. Drain dumplings, then fry bacon and saute onions. Put over dumplings. *Absolutely delicious!*

Pearl Janke

And therefore will the Lord wait, that he may be gracious unto you, and therefore will he be exalted, that he may have mercy upon you; for the Lord is a God of judgment; blessed are all they that wait for him. Isaiah 30:18.

JEAN'S LEFSE

This is an old recipe, copied exactly the way it was given to me!

3 c. mashed potatoes (4 c. riced)	5 Tbsp. melted butter
1 tsp. salt	1 c. flour (I don't put in quite that
2 tsp. sugar	much)
2 Tbsp. cream	

First you cook a kettle of potatoes - rice or mash them. I use a potato ricer instead of mashing them. Cool them good, they are much easier to work with if the potatoes aren't warm. Now mix everything together and form into a roll like refrigerator cookies (only larger). Use your hands to mix the dough good. Now cut off a blob (about 2 heaping tablespoons) and roll out. I use my electric fry pan to fry them in so they don't get as large as Mom used to make and they are easier to work with. (And that way you can use a spatula to turn them instead of a stick out of a window shade...) When you finish frying each one, take a napkin or pastry brush and brush the extra flour off. I have a lefse rolling pin *but* I'm sure a plain one will work. Then you spend the next few hours cleaning yourself and the kitchen. It and you will be covered with flour . . . but it's worth every minute of it.

They are delicious - especially served with butter and cinnamon.

Nancy Carpenter

WILD RICE CASSEROLE

1 c. uncooked wild rice	1 can sliced water chestnuts
1 (4 oz.) can sliced mushrooms	3 c. chicken broth
1/4 c. diced onion	1/4 c. butter

Rinse wild rice and drain. Mix rice, onion, water chestnuts, and mushrooms in a 2 quart casserole. Add broth and butter. Cover and bake at 325° for approximately 2 hours.

Pearl Janke

AMBROSIA SWEET POTATO BAKE

Thinly slice 1/2 lemon and 1/2 orange. Alternate with 6 to 7 cups sliced cooked sweet potatoes (drained) in an 11 1/2 x 7 1/2 x 1 1/2 inch baking dish. Combine 1 (9 ounce) can crushed pineapple, 1/2 cup brown sugar, 1/2 cup melted butter, 1/2 teaspoon salt and pour over all. Sprinkle with 1/2 cup shredded coconut. Trim with maraschino cherries if desired. Bake at 350° for 30 minutes. Serves 8 to 10.

Marie Harned

SCALLOPED YAMS AND APPLES

1 1/2 c. apple cider
1/4 c. butter

2 c. light brown sugar

Mix and boil 5 minutes over low heat, stirring. Remove from heat and add 3 tablespoons lemon juice and 2 teaspoons ground allspice.

Layer in buttered 3 quart casserole: 3 cans (1 pound each) yams - drained and sliced, 3 medium apples, pared, thickly sliced and sprinkle 1/2 cup chopped pecans on top. Pour cider mix over casserole and bake at 325° for 1 1/4 hours, basting frequently.

Martha Berger

PEPPERIDGE FARM SQUASH CASSEROLE

1 pkg. Pepperidge Farm herb
stuffing mix
1 can cream of chicken soup
1 (8 oz.) ctn. sour cream

1 stick margarine
4 c. cooked and drained yellow
summer squash

Melt margarine and pour over stuffing mix. Line bottom and sides of a 9x13 inch pan with stuffing mix. (Save 1/4 crumbs for top.) Mix remaining ingredients; place on mix in pan. Sprinkle with remaining mix. Bake in 325° oven for 35 to 40 minutes.

Myrtle White

ZUCCHINI ORIENTAL

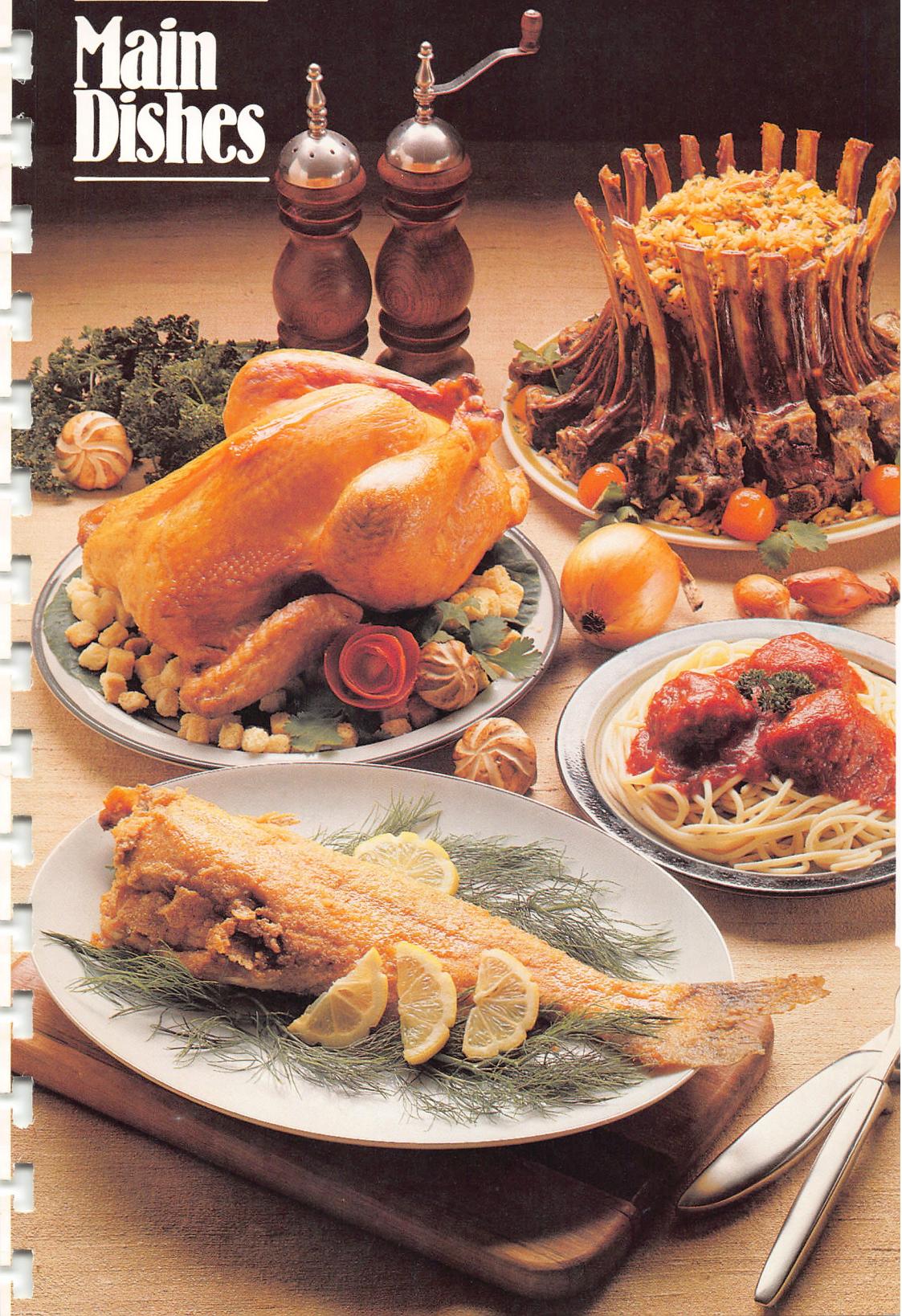
In skillet on top of stove put olive oil, sliced onions and thinly sliced zucchini. Sprinkle with garlic salt. Cover and cook 5 minutes or until desired tenderness. Sprinkle with soy sauce - toss lightly - serve.

Marth Berger

Trust in the Lord with all thine heart, in all your ways acknowledge him and He shall direct your paths. Proverbs 3:5,6.

Notes

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10 inch) ribs)	4	1 3/4	140° (rare)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2 1/2	170° (well done)
	8	2 1/2	140° (rare)
		3	160° (medium)
		4 1/2	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2 1/2	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3 1/4	160° (medium)
		4	170° (well done)
Rolled rump ²	5	2 1/4	140° (rare)
		3	160° (medium)
		3 1/4	170° (well done)
Sirloin tip ²	3	1 1/2	140° (rare)
² Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2 1/4	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3 1/2	180° (well done)
	8	4	175° (medium)
		4 1/2	180° (well done)
VEAL			
Leg (piece)	5	2 1/2 to 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Rolled Shoulder	3 to 5	3 to 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY			
	6 to 8 lbs.	325°	2 1/2 to 3 hrs.
	8 to 12 lbs.	325°	3 to 3 1/2 hrs.
	12 to 16 lbs.	325°	3 1/2 to 4 hrs.
	16 to 20 lbs.	325°	4 to 4 1/2 hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)			
	2 to 2 1/2 lbs.	400°	1 to 1 1/2 hrs.
	2 1/2 to 4 lbs.	400°	1 1/2 to 2 1/2 hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2 1/2 to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

CRAB FONDUE CASSEROLE

12 slices bread	1/2 c. mayonnaise
2 cans crabmeat	4 eggs
1 medium onion, grated	3 c. milk
1/2 green pepper, minced	1 c. grated sharp cheese

Cube 6 slices bread for first layer in an 8x12 inch casserole. Cover with mix made of crab, onion, green pepper, and mayonnaise. Make next layer of remaining 6 slices bread, cubed. Pour egg, milk and salt mixture over layers. Sprinkle with grated cheese. Refrigerate overnight and bake next day when needed, 1 1/2 hours at 300° to 325°. Cut in squares and pour sauce over top. *Serve hot.*

Sauce:

1 can mushroom soup	1 tsp. lemon juice
1/3 c. water	

Heat in double boiler.

Myrtle White

SEAFOOD GRATINE

1/4 c. finely minced onion	2 Tbsp. butter or margarine
1 (10 1/2 oz.) can cream of shrimp soup	1/3 c. light cream or half & half
1/4 tsp. garlic salt	1 c. cooked shrimp
Dash of white pepper	1 (6 oz.) pkg. frozen crabmeat, thawed and drained
1/2 c. toasted bread crumbs	Parsley
1/2 c. shredded Swiss cheese	

Saute onion in butter in 1 quart saucepan until onion is tender. Stir in soup, cream, garlic salt, and pepper. Simmer about a minute, stirring constantly. Remove from heat; add shrimp and crabmeat. Stir gently to mix. Spoon seafood mixture into baking shells. Sprinkle with bread crumbs, about 1/3 cup for each. Top with cheese. Broil on rack closest to heat 3 to 4 minutes until cheese is golden and bubbly. Garnish with parsley. Serves 8.

Dottie Lewis

CRAB QUICHE

1 frozen pie shell	1/2 c. evaporated milk
2 Tbsp. flour	8 oz. cubed Swiss cheese
1/2 c. mayo	1/3 c. scallion, chopped
2 eggs, beaten	1 (5 oz.) can crab

Mix all of the above and put in the pie shell. Bake at 350° for 40 to 45 minutes.

Marcy Flora

PROUD FISH

You will need fresh fish fillets for 4 persons. Rinse in salt water and pat dry. Drizzle Mazola oil over fillets and set aside in shallow baking pan.

Crab Filling:

2 Tbsp. butter, melted
1 tsp. lemon juice
1/4 tsp. white horseradish
1/2 tsp. Krazy salt (or seasoned salt)

5 drops Tabasco sauce
1/3 c. heavy cream

Combine in saucepan and cook until hot, but not boiling. Remove from heat. Add 1 can crabmeat. Set aside. Sprinkle fish with paprika and bake at 350° for 15 minutes. Spread fillets with crab filling and continue baking for 20 minutes. Sprinkle with fresh chopped parsley and serve.

Optional: Sliced almonds may be added to filling before baking.

Phyllis Proctor

SALMON CROQUETTES

1 c. boned salmon
1 Tbsp. butter
1 Tbsp. flour
1/2 c. milk

1/2 tsp. salt
1/8 tsp. pepper
1 tsp. lemon juice

Make cream sauce with butter, flour, milk, salt, and pepper. Fork drained salmon in bowl and add sauce and lemon juice. Mix well and set aside to cool. Mold into shape; roll in bread or cracker crumbs, then in egg beaten with 1 tablespoon water or milk, then in crumbs again and deep-fry.

Irene Priest

POACHED SALMON

6 (7 oz.) filets of salmon
1 qt. water
1 tsp. lemon juice
1 bay leaf
2 Tbsp. chopped onion

2 Tbsp. chopped celery
2 Tbsp. chopped carrot
Pinch of dill
Pinch of salt

Mix water, lemon juice, vegetables, and seasonings. Place salmon in mixture; it should be just covered. Place on stove. Bring just to a boil and remove from stove. Serve with Peppercorn Sauce.

Peppercorn Sauce: Whip together 1 1/2 cups milk and 3 tablespoons flour. Cook and stir until thick. Add a few drops Tabasco, salt and pepper to taste. Stir in 1 1/2 tablespoons butter and 2 tablespoons green peppercorns. Serve over the poached salmon.

Steven Jones

HOT ALASKA SALMON MELTS

1 c. (15 $\frac{1}{2}$ oz.) salmon (or 2 c., 7 $\frac{1}{2}$ to 7 $\frac{3}{4}$ oz. each)	2 tsp. lemon juice
1/3 c. mayonnaise	Dash of pepper
2 Tbsp. minced parsley	3/4 c. shredded Cheddar cheese, divided
2 Tbsp. minced onion	8 slices French bread
2 Tbsp. drained chopped pimiento	

Drain salmon; break into large chunks. Add mayonnaise, parsley, onion, pimiento, lemon juice, and pepper; toss gently to mix. Fold in $\frac{1}{2}$ cup cheese. Spread about $\frac{1}{4}$ cup mixture on each slice of bread. Sprinkle remaining cheese over salmon mixture. Broil about 6 inches from heat, 3 to 4 minutes, or until cheese melts and tops are golden. Makes 6 to 8 servings.

Split English muffins or whole grain bread may be substituted.

Helen Glenn

SCALLOPS FETTUCINI ALFREDO

1 lb. fresh bay scallops, rinsed and drained	1 c. Parmesan cheese
1 lb. fettucini, cooked al dente, rinsed and drained	2 eggs
2 Tbsp. butter	1 clove fresh garlic, crushed
1 c. heavy cream	1 Tbsp. chopped parsley
1/4 c. Chardonnay white wine (optional)	Salt and pepper to taste

Saute scallops in butter until they are about halfway cooked. Add garlic; add cream, wine and cheese. Simmer until sauce has thickened. Add fettucini noodles, parsley, salt, and pepper. Simmer an additional minute. Crack 2 eggs into fettucini. Mix immediately and simmer an additional minute.

Ginni Glass

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. John 1:12.

SHRIMP JAMBALAYA (Jim's favorite)

1 1/2 lb. peeled and deveined shrimp	1/2 c. bell pepper, chopped
4 c. cooked rice	1/4 lb. oleo or 1 c. oil
3 Tbsp. tomato paste	1/2 tsp. cornstarch
1 tsp. sugar	1/2 c. green onions and parsley, chopped fine
4 cloves garlic, minced	1 1/2 c. ham, diced
1 c. onions	Salt to taste
2 c. water	Black pepper to taste
1/2 c. chopped celery	Cayenne pepper to taste

Cook rice separately and allow to cool completely. Chop shrimp into large pieces and set aside. Melt oleo or oil and add onions, celery, bell pepper, and garlic in a heavy pot. Cook, uncovered, over medium heat until onions are wilted. Add tomato paste and cook, stirring constantly, for about 15 minutes. Add 1 1/2 cups water. Season to taste with salt, black pepper and cayenne. Add sugar and cook, uncovered, over medium heat for about 40 minutes, stirring often or until oil floats to the top. Add shrimp and ham; continue cooking and stirring another 20 minutes. Mix ingredients with cooked rice, cooked till just warmed through. Add green onion tops and parsley. Mix again. Serves 8 generous portions as a side dish.

Ann Smallwood

TEMPURA SHRIMP

1 egg, separated	1/2 tsp. salt
1/2 c. beer or ale	1/2 tsp. paprika
Dash of Tabasco	1 Tbsp. butter, melted
1/2 c. plus 2 Tbsp. flour	1/2 lb. shrimp

Beat egg yolk, beer and Tabasco until well blended. Combine flour, salt and paprika. Gradually add to egg mixture. Stir until batter is smooth. Stir in melted butter. Beat egg white until stiff and fold in batter. Devein raw shrimp, dry, dip in batter, and deep-fry for a few minutes until golden brown.

This is also great for deep-frying zucchini slices, mushrooms, etc.

Sherrie Cooke

QUICHE

1 egg, well beaten	8 oz. can crescent rolls
1 c. shredded Swiss cheese	3 oz. Durkee French fried onion rings
1 c. evaporated milk	9 slices bacon, fried crisp
1/2 tsp. salt	
1/2 tsp. Worcestershire	

Preheat oven to 325°. In a medium pan mix first 5 ingredients and heat. Separate dough and press into ungreased pie or quiche plate. Sprinkle 1/2 of the onions on dough. Pour in egg mixture. Sprinkle bacon and remaining onions on top. Bake 50 to 55 minutes until golden brown. Let set 5 minutes before slicing.

Joy McIntyre

BEST SPINACH AND CHEESE QUICHE

Basic custard:

4 eggs	1 Tbsp. flour
3/4 c. milk	Pinch of salt
3/4 c. heavy cream	Pinch of cayenne pepper
2 Tbsp. melted butter	

Cream Cheese Crust:

2 (3 oz.) pkg. cream cheese	1 1/4 c. flour
1/4 c. softened butter	1/4 tsp. salt
2 Tbsp. heavy cream	

Remaining ingredients:

10 oz. pkg. frozen chopped spinach	1 tsp. horseradish
1/4 tsp. salt	4 Tbsp. sour cream
Dash of pepper	1/2 c. grated Swiss cheese
	3 Tbsp. grated Parmesan

For crust, beat the cream cheese and butter together in an electric mixer until smooth and creamy. Add cream and beat 2 minutes more. Gradually add the flour and salt and combine thoroughly. Form the dough into a ball and wrap in wax paper. Chill at least 1 hour. Between 2 sheets of waxed paper, roll the dough, lifting the paper from time to time to keep it smooth. Fit the pastry into your quiche pan. Cover the pastry with a sheet of aluminum foil, pressing it firmly around the sides and over the edges of pastry. Fill with uncooked rice or beans and bake in preheated 400° oven for 7 minutes. Carefully remove rice or beans and foil. Prick bottom of crust with fork and bake 5 minutes more.

Remove from oven and cool. Meanwhile, cook spinach until tender. Drain and dry *thoroughly*. Add the salt, pepper, horseradish, and sour cream. Spread the mixture over the bottom of the pastry shell. Sprinkle with Swiss and Parmesan cheese. Cover with custard mixture and bake in preheated 375° oven for 40 minutes until custard is set, puffed and golden brown.

Tangie Southern

I am the good shepherd; the good shepherd giveth his life for the sheep.
John 10:11.

HAM AND CHEESE SOUFFLE

16 slices bread
1/2 lb. sharp cheese, shredded
1 tsp. salt
2 c. shaved ham

6 eggs, beaten
1 pt. milk
1/4 lb. butter or margarine

1. Grease a 9x12 inch pan.
2. Trim crusts off bread and cut into quarters.
3. Put 1/2 of the bread on bottom of pan and cover with 1/2 of cheese and all the ham.
4. Repeat bread and cheese.
5. Mix together eggs, milk and salt.
6. Pour over bread and cheese.
7. Melt butter; pour on top.
8. Refrigerate overnight.
9. Bake at 350° for 45 minutes. Cover with foil if top gets too brown.

Kim Cooke

CHEESE SOUFFLE

1 (4 oz.) pkg. Old English cheese
3 Tbsp. flour
3/4 c. milk
2 Tbsp. butter

1/2 tsp. salt
Dash of cayenne
4 eggs, separated

Melt butter in double boiler; add flour and stir. Add milk and seasonings. Cook until thick sauce, stirring. Remove and add cheese; stir until blended. Add beaten egg yolks. Fold in stiffly beaten egg whites. Bake 50 minutes at 325° in buttered casserole dish. Serves 4.

Lillian Winant

CHICKEN BREAST CASSEROLE

4 boneless skinless chicken
breasts
4 slices Swiss cheese
1 c. white wine (or white grape
juice)

1 can cream of chicken soup
Pepperidge Farm dressing

Place chicken breasts in baking dish; season. Place 1 slice of Swiss cheese on top of each breast. Add cream of chicken soup and white wine. Cover top thoroughly with Pepperidge Farm dressing. Bake in a 375° oven for 45 minutes to 1 hour.

Helen Glenn

CHICKEN CASSEROLE

1 chicken	16 oz. sour cream
1 cream of chicken soup	1 (8 oz.) box Escort crackers, crushed
1 cream of mushroom soup	
1 can sliced water chestnuts	1 stick butter, melted

Cook chicken and cut into pieces. Mix butter and crackers. Line a 9x13 inch baking dish with $\frac{2}{3}$ crumbs. Mix chicken, soups, sour cream, and water chestnuts. Put on top of buttered crumbs. Cover with remaining crumbs. Bake at 350° for 1 hour.

Nancy Carpenter

CHICKEN CASSEROLE

Yield 8

3 to 4 c. chopped cooked chicken	1 c. mayonnaise
4 hard cooked eggs, cut up	1 can cream of chicken soup
$\frac{2}{3}$ c. chopped almonds	1 to 2 c. chopped celery
$\frac{1}{2}$ c. corn flake crumbs	2 Tbsp. minced onion
2 pimientos for color	2 Tbsp. lemon juice
$\frac{1}{2}$ tsp. Accent	Salt and pepper to taste

Mix all together. Crush potato chips for good layer on top. Bake 30 minutes at 300°. Makes 6 to 8 servings.

This recipe can be doubled. You can substitute tuna fish and mushroom soup.

Martha Berger, Ethel Uzelac

CHICKEN AND BROCCOLI CASSEROLE

2 pkg. frozen broccoli spears	$\frac{1}{4}$ tsp. marjoram
Cooked chicken	$\frac{1}{2}$ c. buttered bread crumbs
1 can cream of mushroom soup	Paprika
$\frac{3}{4}$ c. sour cream	Crumbled Blue Cheese

Arrange broccoli spears in baking dish. Place pieces of cooked chicken over broccoli. Blend mushroom soup, sour cream and marjoram together. Pour over chicken and broccoli. Put small amount of Blue Cheese on top and sprinkle with bread crumbs and paprika. Bake at 375° for $\frac{1}{2}$ hour.

Marianna Cowie

CHICKEN DELIGHT

6 c. chicken, cooked and cubed	1 c. chicken broth
1 pt. sour cream	1 stick margarine, melted
1 can cream of mushroom soup	8 oz. pkg. herb stuffing, crushed
1 c. milk	

Put chicken in bottom of a greased 9x13 inch pan. Mix sour cream, soup and milk. Pour over meat. Mix broth, margarine and stuffing. Spread over chicken and sour cream mixture. Bake 30 minutes at 350°.

Sherrie Cooke

PINEAPPLE-BRAISED CHICKEN

2 1/2 to 3 lb. broiler fryer, cut up	1 (13 1/2 oz.) can pineapple chunks, drained
1/3 c. all-purpose flour	1 (11 oz.) can mandarin orange sections, drained
1/2 tsp. salt	1/2 tsp. dry mustard
1/8 tsp. pepper	1 Tbsp. soy sauce or Worcestershire sauce
1/4 c. salad oil	1/3 c. chili sauce
1 clove garlic, crushed	
1/4 c. sliced onion	
1/3 c. coarsely chopped green pepper	Cooked white rice

Rinse chicken in cold water; dry well on paper towel. Combine flour, salt and pepper. Roll chicken pieces in flour mixture, coating well. In hot oil in large skillet, saute chicken pieces, turning until golden brown, about 10 minutes on each side. With tongs, remove chicken as it browns into a 2 1/2 quart casserole. Preheat oven to 350°. Drain fat from skillet, leaving 1 tablespoon. Add garlic, onion and green pepper; saute until tender, about 5 minutes. Drain pineapple chunks and mandarin orange sections; reserve juice and fruit. Add mustard, soy sauce, reserved fruit juices and chili sauce to skillet. Bring to boil, stirring to dissolve brown bits in pan; reduce heat and simmer, uncovered, about 5 minutes or until slightly thickened. Pour sauce over chicken. Bake, covered, 30 minutes. Add drained pineapple and oranges, basting with liquid in casserole pan. Bake, uncovered, 15 minutes longer or until chicken is tender. Serve with rice.

Mona Darby

LYNN'S CHICKEN WITH WALNUTS

4 chicken breasts, cut into 1 inch cubes	Rice
2 Tbsp. cornstarch	1/4 tsp. salt
5 Tbsp. soy sauce	2 egg whites
1/4 c. vegetable oil	4 green onions, chopped
1 c. celery	3 Tbsp. sherry
1 can water chestnuts	1 tsp. brown sugar
2/3 c. chicken broth	3/4 tsp. ginger

Combine 1 tablespoon cornstarch with salt and 1 tablespoon of the soy sauce in a bowl. Beat into egg whites. Add chicken and stir until each piece is coated. Heat oil in wok or skillet until hot. Add chicken and cook till done. Remove chicken and drain. Add onions, celery and water chestnuts to wok; cook till crisp. Combine remaining ingredients and pour over vegetables. Add chicken. Add 1 cup walnuts. Heat thoroughly and serve over rice. Serves 4.

Lorraine Cooke

CHICKEN-HAM-SHRIMP DISH

6 Tbsp. butter	1/2 c. chopped green pepper
1/4 c. chopped onion	3 c. cooked cut up chicken
6 Tbsp. flour	1 lb. ham, diced
1 tsp. salt	1 1/2 lb. shrimp, cleaned and cooked
1 1/2 c. milk	1 can sliced mushrooms
1 1/2 c. chicken broth	2 Tbsp. pimento
1 c. shredded sharp cheese	

Melt butter in saucepan and saute onions. Stir in flour and salt to make a smooth paste. Add milk and broth gradually, stirring until smooth and slightly thickened. Add cheese; heat and stir well until melted and sauce is smooth. Stir in remaining ingredients and heat to serve. (Freezes beautifully.) Serve over rice or in Pepperidge Farm patty shells.

Sherrie Cooke

EASY MICROWAVE CHICKEN AND RICE

1 1/3 c. Minute rice	1 medium size onion, chopped
1 (10 3/4 oz.) can condensed cream of chicken soup	Assorted chicken parts (about 2 1/2 lb.)
1 (10 3/4 oz.) can condensed cream of celery soup	Paprika
2 soup cans milk (2 1/2 c.)	Ground red pepper

Mix all ingredients except chicken, paprika and red pepper in a 13x9 inch microwave safe baking dish. Arrange chicken on top; sprinkle with paprika and red pepper. Cover with vented plastic wrap. Microwave on HIGH for 25 to 30 minutes, rotating dish 1/2 turn twice, until chicken is done. Let stand 3 minutes. Makes 4 servings.

Maria Anne Proctor

CHICKEN PAPRIKASH

2 Tbsp. lard	2 onions, finely chopped
1 Tbsp. paprika	1/4 clove garlic, finely chopped (optional)
1 (3 1/4 lb.) chicken, cut into 8 pieces	1/3 c. water
2 green peppers, sliced	1 tomato, sliced
1 tsp. flour	1/4 c. sour cream

Heat the lard. Saute the finely chopped onions until golden brown; add paprika and if desired, garlic. Add chicken pieces and water. Cook, covered, over high heat until the water has evaporated, about 15 minutes. Add sliced green peppers and tomato. Cook, covered, until tender, about 15 minutes. Stir flour into sour cream; add it to the chicken and bring to boil again. Serve with Galuska (dumpplings). Makes 4 servings.

Option: Serve with rice or noodles.

Ethel Uzelac

CHICKEN 'N RICE SKILLET

3 lb. fryer, cut up	2 to 4 Tbsp. butter or margarine
1/2 c. flour	3/4 c. Uncle Ben's rice (because its "converted"!)
2 tsp. salt	
1 tsp. paprika	13 3/4 oz. can chicken broth
1/8 tsp. pepper	1 medium onion, sliced

Wash chicken and pat dry. Combine flour, 1 1/2 teaspoons salt, paprika, and pepper. Coat chicken with mixture. Melt butter in large skillet. Brown chicken slowly over medium heat. Push chicken aside and sprinkle rice around pieces. Combine broth and remaining salt and pour over chicken; cover with onion slices. Cover and simmer on low heat about 40 minutes or until chicken is tender and rice has absorbed broth.

Garnish with sauteed mushrooms or parsley if desired. Serves 4.

Kathy Mann

CHICKEN A LA SCOTLAND

1 pkg. family cut chicken or 6 chicken breasts	2 c. flour
1 stick butter	Salt and pepper to taste
1 tsp. dry mustard	1 yellow onion

Preheat oven to 350°. Remove skin from cut up chicken and rinse well. Melt margarine; add dry mustard. In separate pan, mix together flour, salt and pepper. Roll pieces of chicken in flour mixture then in butter. Place in oblong baking dish. Slice onion; place slices over chicken. Bake for 1 hour.

Jan Bradford

FANCY FAST CHICKEN

6 chicken breasts, skinned and boned	1/2 c. white wine (or dealcoholized cooking wine)
6 slices Swiss cheese	2 c. herb stuffing (Pepperidge Farm blue label is great)
1/4 lb. sliced mushrooms (or 2 small cans)	1 stick butter
1 (10 3/4 oz.) can cream of chicken soup	

You may add 2 yellow squash, peas, broccoli or other favorite vegetables.

Lightly grease a 9x13 inch glass baking dish. Place chicken in dish. Top chicken with Swiss cheese, then mushrooms. If adding other vegetables, layer on top. Mix soup with wine and pour over chicken mixture. Spread stuffing mix on top. Drizzle butter over stuffing. Bake for 1 hour at 350°.

Jan Bradford

CITY CHICKEN

1 lb. veal cubes	1 small chopped onion
1 lb. pork cubes	2 eggs, beaten
1 chicken bouillon cube	Bread crumbs
1 c. hot water	8-10 small wooden skewers

Place 2 veal cubes and 2 pork cubes on each skewer; lay out side by side in shallow pan. Dissolve bouillon in hot water and pour over meat. Spread onion on top. Marinate about 1 hour on *each* side.

Dry off meat a little then dip in eggs; next dip in bread crumbs. Lightly fry on each side then put back in baking dish and bake at 325° for 2 hours. Make sure to keep enough water in pan so you can make gravy.

Becky Boss

MARINATED CHICKEN

1/2 c. apple juice	1/2 c. honey
1/2 tsp. powdered ginger	1/2 c. vinegar
2 tsp. chopped garlic	2/3 c. salad oil
2/3 c. soy sauce	

Add ginger and garlic to apple juice with wire whip. Mix in soy sauce and honey, blending well. Whip in vinegar. Slowly whip in salad oil. Skin chicken breasts and add to marinade. Store under refrigeration overnight. Pepper.

Dina Stewart

STIR-FRIED CHICKEN WITH WALNUTS

4 Tbsp. corn oil	1 1/2 Tbsp. cornstarch
1 1/2 c. whole walnut meats	1/2 tsp. salt
2 slices ginger (1/8 inch thick)	1 Tbsp. sugar
2 cloves garlic, peeled and sliced	2 Tbsp. soy sauce
3 lb. chicken	1 tsp. corn starch
1 egg white	1/2 c. chicken stock

Measure oil and walnut meats; prepare ginger and garlic. Bone and skin chicken; cut into 1 inch cubes. Mix chicken with unbeaten egg white, then toss in 1 1/2 tablespoons cornstarch mixed with salt. Measure sugar and soy sauce. Mix 1 teaspoon with chicken stock. Set ingredients by stove in order listed. Set wok over high heat for 30 seconds; swirl in oil. After 20 seconds add walnut and stir-fry 3 minutes. (Don't let darken.) Remove to bowl. Add ginger and garlic; stir twice. Add chicken. Stir-fry until blanched, about 2 minutes. Add sugar and soy sauce; turn heat to medium and stir-fry 3 minutes. Push chicken to one side. Pour cornstarch mixture down side of wok. Stir until thickens. Stir in chicken and walnuts.

Steven Jones

COUNTRY STYLE CHICKEN KIEV

2/3 c. butter	1/4 c. chopped green onions
2 Tbsp. Parmesan cheese	1/2 c. dry bread crumbs
1 tsp. basil	1 tsp. oregano
2 chicken breasts, split	1/2 tsp. garlic salt
1/4 c. dry white wine	1/4 c. chopped parsley

Preheat oven to 375°. In saucepan, melt butter on a piece of wax paper. Combine bread crumbs, Parmesan cheese, basil, oregano, and garlic salt. Dip chicken breasts in melted butter, then roll in bread crumbs to coat. Place skin side up in a 9 inch square pan. Bake for 50 to 60 minutes. Meanwhile, add wine, green onions and parsley to remaining melted butter, 1/2 cup. When chicken is done, pour sauce over and around it. Bake 5 minutes more until sauce is hot. Serve with sauce spooned over it.

Patricia Prusky

BAKED CHICKEN SALAD

3 c. diced cooked chicken	2 Tbsp. lemon juice
1 Tbsp. minced onion	1 c. mayonnaise
1 c. celery	2 oz. jar chopped pimentos
8 oz. water chestnuts	1/2 c. slivered almonds
1 tsp. salt	1/2 can French onion rings
1 tsp. pepper	Shredded Cheddar cheese

Mix all ingredients together; place in a greased 3 quart casserole. Cover with shredded cheese and 1/2 can crumbled onion rings. Cover and bake at 350° for 30 minutes.

Vella Howard

HOT CHICKEN SALAD

2 c. cubed cooked chicken	1/4 c. slivered almonds
2 c. diced celery	2 Tbsp. lemon juice
1 Tbsp. grated onion	3/4 c. Hellmann's mayonnaise

Topping:

1/2 c. crushed crackers (Wheatsworth and/or Wheat Thins)	1/2 c. grated sharp Cheddar cheese
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Mix together first 6 ingredients; cover with topping. Cover lightly with foil and bake at 400° for 20 minutes. Serves 4. *Good cold, too!*

Becky Boss

*or serve cold w/ pita bread
add grapes*

TURKEY BROCCOLI BAKE

1 pkg. frozen broccoli	3 eggs, beaten
1 small onion, diced	1 c. milk
1 tsp. dried basil	1 tsp. Worcestershire sauce
6 oz. cheese, grated	Salt to taste
1 slice bread, cubed	Crumbled potato chips
2 c. turkey pieces	

Layer broccoli, onion, basil, bread, turkey, and cheese in a 13x9 inch pan sprayed with "Pam". Combine eggs, milk and Worcestershire sauce. Pour over ingredients in casserole. Salt to taste and sprinkle with potato chips. Bake at 350° for 30 to 40 minutes.

This is a good way to use leftover turkey meat.

Pearl Janke

TURKEY DIVAN

1 (10 oz.) pkg. asparagus spears or broccoli spears	1/4 tsp. paprika
2 Tbsp. butter	2 c. hot coffee cream
2 1/2 Tbsp. minced onion	1 egg yolk, beaten
2 Tbsp. all-purpose flour	2 Tbsp. grated Parmesan cheese
1/2 tsp. salt	8 slices cooked turkey breast
Few grains thyme	1/4 c. grated Parmesan cheese

Cook asparagus spears or broccoli spears; drain. Melt butter in saucepan. Add onion and saute 5 minutes. Add flour, salt, thyme, and paprika; simmer 2 minutes to partially cook flour. Gradually add hot cream, beating constantly; simmer 8 to 10 minutes until thickened. Whip a small amount of the hot sauce into the beaten egg yolk. Return to pan, stirring constantly. Remove from heat and blend in 2 tablespoons Parmesan cheese. Arrange cooked vegetable in shallow serving casserole. Place turkey slices over vegetable. Ladle sauce over turkey and vegetable. Sprinkle 1/4 cup Parmesan over sauce and broil until cheese is golden brown.

Steven Jones

CHEESY GRITS CASSEROLE

1 1/2 c. uncooked grits	3 eggs, beaten
1/2 c. butter	
3 c. (12 oz.) shredded medium sharp Cheddar cheese	

Cook grits according to package directions. Add butter and cheese; stir until melted. Add small amount of hot grits to eggs, stirring well. Stir egg mixture into remaining grits. Pour grits into lightly greased 2 quart baking dish. Cover and refrigerate overnight. Remove from refrigerator 15 minutes before baking. Bake, uncovered, at 325° for 1 hour. Yield: 8 servings.

Elizabeth Peach

QUICK CASSOULET

1 Tbsp. butter	1 (8 oz.) can tomato sauce
1 Tbsp. oil	2 (15 oz.) cans white beans
4 large chicken pieces	1/2 c. chicken broth
4 garlic sausage or knockwurst	1 tsp. salt
1/2 c. chopped onion	1 bay leaf
2/3 c. chopped green pepper	1/2 tsp. thyme
1 c. pitted ripe olives	Dash of Tabasco

Preheat oven to 350°. Heat butter and oil in skillet. Brown chicken and remove. Cut sausage in halves and brown. Add green pepper and onion; saute. Place sausage, vegetables and undrained beans, olives, tomato sauce, broth, and seasonings in 2 1/2 quart casserole. Place chicken on top, pushing down into liquid. Cover and bake for 1 hour. Serves 4 to 6.

Eleanor Lamb

MAIN DISH CASSEROLE

1 small pkg. frozen chopped broccoli, thawed	4 cooked chicken breasts, chopped
2 cans cream of chicken soup	Enough rice for 2 cups, cooked
1 large can Spam, chopped	

Saute onions in butter; add soup and cheeses until melted. Add meats, broccoli and rice. Consistency will be very thick. Top with cheese. Cook at 350° for 1 hour.

Brenda W. Thon

HAM AND NOODLE CASSEROLE

1 1/2 c. cooked medium noodles	1 Tbsp. horseradish
2 Tbsp. flour	2 c. ham, cut up in strips
1 c. milk	1 can peas, drained (optional)
1 c. grated American cheese	1/2 c. bread crumbs
2 Tbsp. catsup	2 Tbsp. butter

Preheat oven to 350°. Cook noodles and drain. Melt butter; stir in flour until smooth. Stir in milk and cook until thick. Add cheese; stir until melted. Add noodles, salt, ham, catsup, horseradish, and peas. Turn into a 1 1/2 quart casserole. Top with bread crumbs. Bake, uncovered, for 30 minutes.

Kathy Mann

TUNA CASSEROLE

1 (6 oz.) can tuna
3 c. medium size noodles, cooked
1/4 c. green pepper, chopped

1 c. celery
1/4 c. onions

Mix in blender:

1 can cream of mushroom soup
1/2 c. mayonnaise
1/2 c. milk

1 c. sharp Cheddar cheese (save
some to use on top)

Mix all ingredients together and put in medium sized casserole dish. Bake at 425° for 20 minutes until it bubbles, then eat! Can be made ahead and frozen!

Claudia Hanselman

GERMAN AMERICAN SWISS STEAK

1 can tomatoes, chopped
1/2 green pepper

1 diced onion

Mix and cook until onions and green pepper are soft. Brown in oven (on broiler pan) a sirloin steak, both sides. When almost done, pour the above mixture on top of steak. Return steak to oven for another 8 minutes. Shut off the oven and add a cup of grated cheese. Return to oven and let the meat remain there till the cheese is melted. Pour some of the drippings from the broiler pan over the meat. Serve hot. *Delicious!*

Lillian Barsuhn

SHISK KABOB MARINADE

1/2 c. brown sugar
1/2 c. chili sauce
1/2 c. soy sauce

1/2 c. vegetable oil
Dash of garlic powder
Dash of ginger

Combine ingredients. Add meat (I use sirloin); marinate 4 to 6 hours. Drain and reserve marinade. Combine meat chunks with whatever you want on the kabob. Brush with reserved marinade and grill.

Nancy Carpenter

HOT DOGS ON A STICK

1 c. flour
3/4 c. corn meal
2 Tbsp. sugar
1 egg
2 Tbsp. shortening

2 Tbsp. baking powder
1 Tbsp. dry mustard
1 tsp. salt
1 c. milk

Pour mixture into glass. Dip hot dogs in and fry in deep hot fat.

Jenny Green

JAPANESE DINNER

To serve 40 people, prepare these quantities.

5 to 6 lb. stewing chickens, simmered in 1 pan using broth as base for gravy	1 3/4 gal. gravy (use bouillon and season well)
1 1/4 gal. steamed rice	3 tall cans dry noodles
2 c. onions	3 c. celery
5 c. cheese	5 c. coconut
5 c. pineapple	5 c. almonds

Serve as buffet in order given. On each dinner plate place steamed rice (large serving patted down), 2 tablespoons stewed chicken pieces in clear gravy, 1 handful chow mein noodles, 1 tablespoon green onions (finely cut up), 1 tablespoon celery (finely cut up), 2 tablespoons cheese (grated), 2 tablespoons coconut, 2 tablespoons crushed pineapple, and 2 tablespoons blanched almonds (chopped).

Cover with clear chicken gravy. Place helpings one on top of the other and eat down through the food. No salad or bread is needed. Serve with tea and pineapple or coconut ice cream for dessert.

Phyllis Proctor

JELLIED BEEF DISH

3 to 4 lb. soup meat (a thick slice)	Salt to taste
Black pepper (use a little more than usual)	3/4 c. vinegar (wine vinegar)

Simmer meat in a saucepan with enough water to cover. Add salt and pepper. When meat is ready to fall apart, remove from liquid and set on platter to cool a bit. Shred into inch size chunks. Strain liquid which is pretty well cooked down. Add meat and vinegar. Chill. Serve at room temperature. The vinegar sort of jellies the liquid. The jelly is eaten along with the meat.

This is a main dish. Serve with green beans or peas and potatoes (baked or boiled).

Maria R. Hall

BAR-B-Q CUPS

3/4 lb. ground beef	1 can biscuits
1/2 c. bar-b-q sauce	Shredded Cheddar cheese
1 Tbsp. brown sugar	

Brown beef and drain. Add 1/2 cup bar-b-q sauce and brown sugar. Press biscuits into muffin cups. Spoon mixture into cups. Sprinkle with cheese. Bake at 400° for 10 to 12 minutes.

Jenny Green

LASAGNA IN A BUN

1 1/2 lb. ground beef
1 env. onion soup mix
1 (15 oz.) can tomato sauce
6 hard rolls

1 tsp. basil
1 c. cottage cheese
1/2 c. shredded Motz cheese
1 beaten egg

1. Brown beef in skillet; drain. Stir in soup mix and basil. Simmer 15 minutes.
2. Mix cheeses and egg.
3. Cut off top of rolls and hollow out inside.
4. Mix beef and cheese together.
5. Stuff buns and replace top.
6. Wrap in foil *individually*. Bake at 400° for 20 minutes.

Laurie Goble

NORTHERN STYLE LASAGNE

1/2 lb. ground beef
1/2 lb. Italian sausage
1 small onion, diced
1 (28 oz.) can tomatoes
1 (6 oz.) can tomato paste
1/4 c. water
1 tsp. basil
1/4 tsp. pepper
2/3 (16 oz.) pkg. lasagne noodles
1 (16 oz.) pkg. shredded Mozzarella cheese

1 c. Parmesan cheese
2 (16 oz.) containers Ricotta cheese
2 eggs
2 Tbsp. parsley
3 Tbsp. butter
3 Tbsp. flour
1/4 tsp. nutmeg
1 1/2 c. milk

1. Meat Sauce: Brown beef, sausage and onion. Drain fat. Add tomato paste, water, basil, and pepper. Heat to boiling. Cover and simmer 30 minutes.
2. Prepare noodles.
3. In large bowl mix Mozzarella, Parmesan, Ricotta, eggs, and parsley.
4. Prepare white sauce: In 2 quart saucepan melt butter. Stir in flour and nutmeg. Cook 1 minute. Gradually stir in milk. Cook, stirring until thick and smooth. Remove from heat.
5. Preheat oven to 375°. In a 13x9 inch pan, spread 3/4 cup meat sauce. Arrange 1/3 noodles over sauce. Spoon half of cheese mixture over noodles; spread with half of white sauce. Top with 1/3 of remaining meat sauce. Repeat layering noodles, cheese and white sauce. Top with noodles and rest of meat sauce. Bake at 375° for 45 minutes.

Sherrie Cooke

FRIED MEAT BALLS IN MUSHROOM SAUCE

1 lb. ground beef	4 slices bread
1/2 tsp. baking powder	1/8 tsp. black pepper
1/2 tsp. parsley	1/2 tsp. garlic powder (or to taste)
1 egg, slightly beaten	1 to 2 cans cream of mushroom
Shortening	soup (condensed)

Place ground meat in large bowl; crumble and separate. Add bread which has been soaked in water; squeeze water out. Crumble over ground meat. Add remaining ingredients. Blend well. Moisten fingers in water and shape about 1 tablespoon of the blend into meat balls. Melt a very small amount of shortening and brown meat balls while turning from time to time. Cover and cook over medium heat for 15 to 20 minutes. When done, add 1 to 2 cans of condensed mushroom soup. Cover again and let stand 3 to 5 minutes without heat. Makes about 12 to 13 meat balls or 4 servings.

Options:

1. Add 1/2 can milk or water to condensed mushroom soup and serve over cooked noodles or cooked rice.
2. Add slightly browned meat balls to spaghetti sauce and simmer for 10 to 15 minutes. Serve over cooked spaghetti or noodles or any pasta. There should be a double portion of spaghetti sauce as the meat balls absorb some of the sauce. Meat balls may be lifted out of the spaghetti sauce and served as a meat dish. Better known as Spaghetti and Meat Balls.

Maria R. Hall

MEAT VEGETABLE LOAF

1 lb. ground beef	1 medium onion, chopped
2 celery stalks and tops, chopped	1 tsp. salt
1/8 tsp. pepper	1 egg
3 to 4 large carrots, grated	

Mix above ingredients. Soak 1/2 cup oats in 2 tablespoons milk and add to meat mixture. Mix 1/2 can tomatoes and 1/4 cup melted margarine and add to meat mixture. Mix all lightly but thoroughly. Pack lightly in an 8x8x2 inch pan. Bake 45 minutes at 350°.

Martha Berger

MEATLOAF

Glaze:

2/3 c. chili sauce	1/4 c. light brown sugar, packed
1/4 c. wine vinegar	3/4 tsp. mustard
1 tsp. Worcestershire sauce	

Meatloaf:

1 1/2 lb. ground beef	1/4 tsp. pepper
1/2 lb. ground veal	1/2 tsp. salt
1 c. cracker meal	2 eggs
1 (1 3/8 oz.) pkg. onion soup mix (dry)	1/2 c. water

Combine 1/3 cup chili sauce with next 4 ingredients to make Glaze. Set aside. Mix together beef and next 5 ingredients. Stir in remaining 1/3 cup chili sauce and water. Mix well. Form into loaf. Place into a loaf pan. Bake in a preheated oven at 350° for 1 1/2 hours, uncovered, basting with Glaze after 1 hour. Let set for 15 minutes before slicing.

Tangie Southern

RED MAGIC MEATLOAF

1 1/2 lb. ground beef	1/2 tsp. salt
1 c. soft bread crumbs	1/8 tsp. pepper
1/3 c. Heinz ketchup	1/4 c. drained, crushed pineapple <i>omit</i>
1/4 c. chopped onion	1/4 c. Heinz ketchup
1 beaten egg	

Combine first ingredients into a loaf (8 x 4 x 1 1/2 inches) or shallow baking pan. Bake at 350° F. for 40 minutes. Remove from oven. Place mixed items in second column on top of loaf. Bake for 30 minutes longer. Let meatloaf stand for 5 minutes before serving. Makes 6 servings.

Substitute onions for green pepper.

good
Michele Glover

A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. John 13:34.

EVERYDAY MEAT LOAF

2 beaten eggs	1/2 tsp. ground sage
3/4 c. milk	1/8 tsp. pepper
1/2 c. fine dry bread crumbs	1 1/2 lb. ground round or beef
1/4 c. finely chopped onions	1/4 c. catsup
2 Tbsp. snipped parsley	2 Tbsp. brown sugar
1 tsp. salt	1 tsp. dry mustard

In bowl combine eggs and milk; stir in bread crumbs, onion, parsley, salt, sage, and pepper. Add ground beef. Thoroughly mix meat and seasonings. Spoon meat mixture into a 5 1/2 cup ring mold. Firmly pat meat into mold. Unmold meat mixture in shallow baking pan. Bake in a 350° oven for 50 minutes. Spoon off meat drippings and fat.

To glaze meat loaf, combine the catsup, brown sugar and dry mustard; carefully spread over top of meat loaf. Bake 10 minutes longer. Makes 6 servings.

Mona Darby

OVEN BAR-B-Q BRISKET

4 to 6 lb. brisket	1 tsp. celery salt
1 bottle liquid smoke	1 tsp. onion salt
1/2 bottle Worcestershire sauce	3/4 c. bar-b-q sauce

Pour liquid smoke on brisket; cover and refrigerate overnight. Drain. Sprinkle with Worcestershire sauce and salts. Bake at 250° for 4 to 6 hours till tender; drain. Top with bar-b-q sauce and bake 30 minutes longer. Cool and cut.

Jenny Green

RANCH-STYLE (HAMBURGER) HASH

Brown 1 pound hamburger; drain fat.

Add:

1 (14 1/2 oz.) can stewed tomatoes (larger will work)	1/2 c. uncooked rice (not Minute rice)
1 c. chopped green pepper	1/2 tsp. salt
1/2 c. chopped onion	Dash of black pepper

Cover and simmer 25 minutes.

Kathy Mann

PASTA A LA MARINARA

1 (12 oz.) pkg. spaghetti, fettucini or noodles (green or white)	1/4 tsp. black pepper
2 Tbsp. basil, dried and crushed (use 1/4 c. chopped fresh basil if available)	1/4 c. hot water
Salt to taste	1/2 c. grated Parmesan or Romano cheese
1/2 tsp. dried crushed parsley (or 2 sprigs fresh parsley)	1/8 c. olive oil (or butter)
1 clove garlic, peeled or 1/4 tsp. garlic powder	1/8 tsp. crushed red pepper (careful, it's <i>hot</i> - optional)

Put garlic, black pepper, basil, water, cheese, olive oil, salt, red hot pepper, and parsley in a blender. Whirl at high speed until a coarse puree is formed. Mix well into the spaghetti *cooked al dente*, with 2 serving forks, in a lifting up and letting down motion. Serve while hot. Serve as main dish or side dish.

Optionals:

1. One can clam chowder and cooked - al dente - 12 ounce spaghetti (any pasta), 1/2 cup Parmesan or Romano cheese, parsley, salt, pepper, and sprinkle of garlic powder. Serve hot. (Mushrooms optional.)
2. Twelve ounce cooked spaghetti (or any pasta) al dente, 1/2 pint heavy cream, hot, 1/2 cup Romano or Parmesan cheese, 1/2 tablespoon basil, 1/2 tablespoon parsley, salt, and pepper to taste, and sprinkle of garlic powder. Serve hot.

For a Casserole Dish: Arrange cooked spaghetti in layers and then a layer of the ingredients, with only 1 difference. To the cheese, add 1/2 cup bread crumbs. Dot each layer with butter, ending with layer of cheese and bread crumbs. Pour the cream, thinned with a little water, over the last layer. Tip baking dish from side to side, slightly, until thinned cream is evenly blended (mushrooms optional). Bake until golden brown.

Maria Hall

CHINESE PEPPER STEAK

1 beef arm or blade steak, cut 1 inch thick	1/2 c. consomme or stock
2 Tbsp. fat or drippings	1 tsp. salt
2 Tbsp. minced onion	1/8 tsp. pepper
1 clove garlic, minced	2 tsp. cornstarch
2 large green peppers, cut into strips	2 Tbsp. water
1/2 c. celery, sliced crosswise	1 tsp. soy sauce
2 Tbsp. chopped pimento (if desired)	3 c. cooked rice

Cut steak into thin strips. Brown in fat or drippings. Season with salt and pepper. Add onion, garlic, green peppers, celery, pimento, and consomme or stock. Cover lightly and cook slowly 20 minutes. Mix together cornstarch, water and soy sauce. Add to meat-vegetable mixture and cook, stirring constantly, until thickened. Serve with cooked rice.

Kathy Mann

CHINESE PEPPER STEAK

1 1/2 lb. boneless top round or sirloin	1/4 c. thinly sliced onions
2 Tbsp. oil	1/2 c. Coca-Cola
1/8 tsp. garlic powder	2 medium tomatoes
1 tsp. salt	2 1/2 Tbsp. corn starch
1 c. beef bouillon	1/4 c. Coca-Cola
1 c. thinly sliced green pepper	1 Tbsp. soy sauce
1 c. thinly sliced celery	Hot cooked rice

Trim fat from meat and cut into pencil thin strips. In deep skillet, heat oil, garlic powder and salt. Add meat and brown over high heat about 10 minutes, stirring occasionally with a fork. Add beef broth; cover and simmer 15 to 20 minutes or until meat is fork tender. Stir in green pepper, celery, onions, and 1/2 cup Coca-Cola. Cover; simmer 5 minutes. Do not overcook; vegetables should be tender crisp. Peel tomatoes, cut into wedges. Gently stir into meat. Blend cornstarch with 1/4 cup Coca-Cola and soy sauce. Stir into meat and cook until thickened, about 1 minute. Serve over hot rice. Yield: 6 (3/4 cup) servings.

Tangie Southern

PEPPER STEAK

very good

1 lb. beef chuck (or steak), cut in thin strips
1 clove garlic, minced (or garlic salt)
1/4 c. water
1 c. chopped onion
1/2 c. chopped celery
1 c. water

1/4 c. cooking oil (salad)
1 Tbsp. soy sauce
1 tsp. salt
1 c. green pepper, cut in 1 inch pieces
1 Tbsp. cornstarch
2 tomatoes, cut in eights

Brown beef in hot oil; add garlic and cook until yellow. Add soy sauce, salt and 1/4 cup water; cook 45 minutes. Add vegetables cook 10 minutes. Stir in cornstarch blended with 1 cup water; add tomatoes and cook 5 minutes. Serve over hot fluffy rice. Makes 4 servings.

Ethel Uzelac

SWEET AND SOUR PORK

Batter:

1 egg, beaten
1 tsp. salt
1/4 c. cornstarch

1/4 c. flour
1/4 c. chicken broth

Sauce:

1/2 c. chicken broth
4 Tbsp. sugar
4 Tbsp. vinegar

1 tsp. soy sauce
1 Tbsp. cornstarch in 2 Tbsp. cold water

Remaining ingredients:

1 1/2 lb. pork, cut in 1 inch cubes
2 large green peppers, cut into 2 inch pieces
2 medium carrots, cut into slim sticks

Small can chunk pineapple
2 Tbsp. cooking oil
1/2 tsp. garlic powder

Mix together batter ingredients. Add pork cubes to mixture and deep-fry in hot oil until well browned. After all pork is cooked, place in baking dish in warm oven. Put the 2 tablespoons of oil and 1/2 teaspoon garlic powder in large skillet or wok. Over fairly high heat, stir-fry peppers and carrots for about 3 to 5 minutes till crisp-tender. Meanwhile, mix together sauce ingredients. Add to vegetables in skillet and bring to boil. Boil for 1 minute till thickened, then add pineapple and pork. Serve over rice.

Tangie Southern

SWEET AND SOUR PORK

This recipe came from the women from Far Eastern Gospel Crusade.

Select a 3½ to 4 pound pork loin. Cut meat from bone; trim off as much fat as possible. Cut into pieces about 1 inch long and ½ inch wide. Marinate pork in soy sauce (about ½ cup), crushed garlic and 1 tablespoon sugar. (Optional: Dip in slightly beaten egg before rolling in cornstarch. This gives it a crustlike coating. Fry in about 1 inch corn oil.) Brown meat in hot fat and continue cooking until done.

While meat is cooking, prepare sauce as follows:

6 Tbsp. cornstarch	1 ¼ c. brown sugar, packed
1½ tsp. salt	1 tsp. ground ginger

Slowly add:

2/3 cup vinegar	1/4 c. soy sauce
3 c. pineapple juice	

Cook over medium heat, stirring constantly, until it comes to a boil. (Note: When mixture is cooking, it will look funny, almost as if it were burning. This is normal. It will also change color.)

Pour sauce over meat and let it stand at least 10 minutes. (At this state the meat and sauce may be refrigerated for use the next day, or frozen for a longer period of time.)

Add:

2 medium size green peppers, cut in strips	1 carrots, sliced and partially cooked
1 medium onion, thinly sliced	
1 medium can of pineapple chunks, drained	

Cook no longer than 3 minutes. Vegetables should still be crisp. Serve over hot rice. Serves 8 to 10.

Lorraine Cooke

PORK MARSALA

1 lb. pork tenderloin	1 Tbsp. tomato paste
1 Tbsp. oil	1/2 c. dry red Marsala
1 Tbsp. butter	1/2 c. red wine
1 clove garlic	8 oz. mushrooms
1 tsp. chopped parsley	

Cut tenderloin diagonally into cutlets. Brown in oil and butter. Remove. Add garlic. Saute. Mix paste with wines and add mushrooms. Simmer 3 to 5 minutes. Return cutlets to pan till hot. Sprinkle with parsley.

Kathy Critch

PORK CHOPS AND LINGUINI

6 pork chops, cut $\frac{3}{4}$ inch thick	$1\frac{1}{2}$ tsp. salt
2 Tbsp. salad oil	$\frac{1}{4}$ c. minced onion
$\frac{1}{4}$ tsp. pepper	$1\frac{1}{4}$ c. catchup
1 small garlic clove, minced	$\frac{1}{2}$ c. cider vinegar
2 Tbsp. light brown sugar	$\frac{1}{2}$ tsp. Worcestershire sauce
1 (16 oz.) pkg. linguini spaghetti	

Preheat oven to 350°. Prepare spaghetti as label directs; drain and place spaghetti in large roasting pan. Meanwhile, in large skillet over medium heat, in hot salad oil, brown pork chops well on both sides. Sprinkle chops with salt and pepper and arrange them on top of spaghetti. In same skillet, in drippings, cook onion and garlic until tender (about 5 minutes). Stir in remaining ingredients and $\frac{1}{3}$ cup water until blended. Pour mixture evenly over pork chops. Bake, covered, 1 hour or until chops are tender. Serves 4 to 6.

Lois Merveles

QUICK MEAT DISH

1 1/2 lb. hamburger	1 medium onion, chopped
2 c. cooked rice	1 can tomato sauce (undiluted)

Saute onion in butter; add hamburger and cook. Add rice and soup; heat through. Serve.

Martha Berger

GRANDMA'S STIR-FRY BEEF WITH BROCCOLI

2 (10 oz.) pkg. broccoli or 1 bunch fresh broccoli, cut	1 clove garlic, crushed
1 lb. flank steak, partially frozen, sliced across grain	$\frac{1}{2}$ lb. sliced mushrooms
2 tsp. corn starch	$\frac{1}{4}$ tsp. ground ginger
1 tsp. sugar	5 Tbsp. peanut oil
1 Tbsp. soy sauce	1 (8 oz.) can water chestnuts
	$1\frac{1}{2}$ tsp. salt

Cut broccoli into $1\frac{1}{2}$ inch lengths about $\frac{1}{2}$ inch wide. Cut steak slices into 2×1 inch pieces. In small bowl mix cornstarch, $\frac{1}{4}$ teaspoon sugar, ginger, soy sauce, $1\frac{1}{2}$ teaspoon water, and garlic. Blend well. Stir in beef.

Preheat wok for 3 minutes. Pour in 1 tablespoon oil. Add beef. Stir-fry 1 minute until meat loses its red color. Return beef to bowl.

Heat remaining 3 tablespoons oil in wok. Stir in broccoli, water chestnuts, and mushrooms. Stir-fry 2 minutes. Add salt, $\frac{3}{4}$ teaspoon sugar and 2 tablespoons water. Mix well; cook 1 minute, stirring occasionally. Add meat and cook and stir 1 minute. Blend together remaining 1 teaspoon cornstarch and 1 tablespoon water. Add to wok, stirring to thicken. Serve over rice.

Lorraine Cooke

HAMBURGER STROGANOFF

1 lb. ground beef	1 can mushrooms (stems and pieces)
1 medium onion, chopped	1 can cream of chicken soup
1/4 c. butter	1 c. sour cream
2 Tbsp. flour	2 c. hot cooked noodles
1 tsp. salt	Snipped parsley for garnish
1 tsp. garlic salt or 1 clove garlic	
1/4 tsp. pepper	

In large skillet, cook and stir ground beef and onion in butter until beef is browned and onion is tender. Stir in flour, salt, garlic, pepper, and mushrooms. Cook 5 minutes, stirring constantly. Remove from heat. Stir in soup; simmer, uncovered, 10 minutes. Stir in sour cream; heat through. Serve over noodles and garnish with parsley.

Sherrie Cooke

BEEF AND CABBAGE CASSEROLE

1 lb. ground beef	6 c. coarsely chopped cabbage
1 medium onion, chopped	1 can tomato soup

Saute onion and beef together until hot but not brown. Season. Place 3 cups of cabbage in casserole dish; cover with meat and top with the remaining cabbage. Pour soup over the top; cover and bake at 350° for 1 hour. Serves 6.

Eunice Nance

SPAGHETTI PIE

1 lb. spaghetti, cooked	1/2 c. green pepper, chopped
2 Tbsp. butter	1 c. small curd cottage cheese or Ricotta cheese
1/3 c. Parmesan cheese	1/2 c. shredded Mozzarella cheese
2 well beaten eggs	2 env. Lawry's spaghetti sauce mix
1/4 lb. ground beef	or large jar of spaghetti sauce
1 medium onion	

Brown hamburger, onion and green pepper; drain. Add to cooked and drained noodles the butter, Parmesan cheese and 2 eggs, beaten. Put noodle mix in pan, pushing noodles up on the side of pan. Spread cottage cheese over noodles. Top with spaghetti sauce. Bake at 350° for 20 minutes. Sprinkle Mozzarella cheese over top. Heat for an additional 5 minutes.

Ginni Glass

MOM'S GROUND BEEF CHILI

1 Tbsp. vegetable oil	1 (6 oz.) can tomato paste
2 garlic cloves, minced	3 to 6 Tbsp. chili powder
2 large onions, coarsely chopped	1 tsp. ground cumin
2 lb. lean ground beef	1 tsp. dried oregano
2 (16 oz.) cans kidney beans	1 tsp. salt
2 green peppers, coarsely chopped	1 tsp. pepper

In a 4 quart casserole, combine the oil, garlic and onions. Cook on HIGH in microwave for 3 to 5 minutes, or until tender crisp. Stir in the beef, spreading out evenly over the dish. Cook on HIGH for 10 to 13 minutes or until just a slight pink color remains, stirring after 5 minutes. Stir at the end of cooking. Drain excess fat if desired. Stir in the remaining ingredients. Cover tightly and cook on HIGH for 10 minutes; stir. Cover again and cook on MEDIUM for 40 minutes, stirring once or twice. Let stand 5 to 10 minutes before serving. Serve with sour cream, onion and cheese.

Lois Merselles

SAUERBRATEN

4 lb. beef rump (chuck or sirloin)	1 sliced carrot
2 1/2 Tbsp. shortening	1 c. vinegar
1/2 c. flour	3 c. water
2 ginger snaps	1 medium size onion, cut in slices
3 Tbsp. whole mixed spices	1/4 c. sugar (white or brown)
1/4 c. salt	1/2 c. cooking wine

Mix vinegar, water, onions, mixed spice, salt, and carrots. Pickle meat in this brine for 3 to 4 days. Turn once in awhile. Save brine for making gravy later. Grease heavy roasting pan with shortening. Roast meat in 300° heat for about 2 hours, or until meat is brown on both sides and almost done. Sprinkle sugar over meat and roast for 5 to 10 minutes more, turning meat while roasting, until sugar is dissolved and meat is nice and brown. Take all brine that meat was pickled in; add flour and ginger snaps. Mix well and pour over meat. Roast meat for 1/4 hour more, or until gravy is creamy and thick. Take out meat; stir wine into gravy and then remove grease from gravy and strain.

Note: During roasting, if meat looks too dry, baste with the pickling brine. Potato dumplings or noodles are good with the roast.

A favorite of my Mother.

Eleanor Lamb

SWEET AND SOUR PORK

Brown 2 pounds pork and 1 or 2 onions in hot oil.

Combine separately:

2/3 c. soy sauce (small bottle)	1 c. sugar
1/2 c. corn starch	2/3 c. vinegar
4 c. water	4 Tbsp. ketchup

Cook mixture until it comes to a boil. It's clear and slightly thickened. Add browned pork (without onion) and simmer 1 hour. Add a can of mushrooms, drained (stems and pieces) the last 8 minutes. Serve on rice.

Marianna Cowie

SWEET AND SOUR PORK, BEEF OR CHICKEN

1 lb. chicken, beef or pork	1 Tbsp. oil
1 medium onion	1 clove garlic
1 medium green pepper	1 can chunk pineapple
1/3 c. white vinegar	3 Tbsp. brown sugar
3 Tbsp. soy sauce	2 Tbsp. flour
1 can water chestnuts	

Cut meat into bite-size pieces. Brown in oil. Reduce heat to low; add onion and garlic. Cover; cook 10 minutes. Add green pepper and remaining ingredients, except flour. Stir in flour gradually as needed to make sauce thicker. Simmer for 10 minutes. Serve over rice. You may add any vegetables you want for an added taste and variety.

Cheryl Schmitke

VINEYARDS PORK

4 lb. pork chops	4 to 6 tsp. cornstarch
2 c. sugar	1 tsp. salt
1 c. white vinegar	2 Tbsp. chopped green pepper
2 tsp. paprika	1 c. water

Brown chops in oven at 450° for 15 minutes. Bring to boil the sugar, vinegar, green pepper, salt, and water. Simmer 5 minutes. Combine cornstarch in 2 tablespoons water. Add to sugar mixture and cook until thick. Add paprika and parsley. Pour over pork. Bake 2 1/2 hours at 300° or 1 hour at 350°, covered with foil.

Judy Jones

SLOPPY JOES FOR 40 TO 50 PEOPLE

10 lb. ground chuck	5 small onions, chopped and pureed
18 oz. can tomato paste	2 Tbsp. Worcestershire sauce
2 qt. canned tomatoes, blended or pureed	3 Tbsp. salt or to taste
1/4 to 1/2 tsp. Tabasco	1/2 tsp. barbecue seasoning (optional)
1/2 tsp. meat seasoning (optional)	1/4 tsp. chili powder
1 tsp. celery salt	

Brown hamburger; add all ingredients. Simmer 1 1/2 to 2 hours. Spoon onto buns.

Eleanor Lamb

STROGANOFF AND NOODLES

3 cube steaks, cut in strips	1 clove garlic, minced
1 can condensed cream of mushroom soup	1 c. sour cream
2 tsp. Worcestershire	2 Tbsp. catsup
6 oz. (about 3 c.) noodles, cooked and drained	1 (3 oz.) can (2/3 c.) broiled mushrooms
1 medium onion, sliced	1 Tbsp. butter or margarine

Brown meat strips in small amount of oil in skillet. Add onion and garlic; cook until just tender. Mix soup, sour cream, catsup, Worcestershire, and mushrooms (with liquid). Pour over meat and heat through. Toss noodles with butter. Keep hot in electric server. Makes 4 servings.

Marie Harned

TATER TOT CASSEROLE

1 1/2 lb. ground beef	1 can cream of mushroom soup
1/2 tsp. salt	1 can cream of chicken soup
1/4 tsp. pepper	1 (16 oz.) bag or box frozen tater tots
1 small onion, chopped	
1 (15 oz.) can cut green beans	

Brown meat and sliced onion. Drain any grease. Put in 2 1/2 quart casserole dish, slightly greased. Drain green beans and layer on top of meat. Do not dilute soups, but warm in pan together. Pour over beans and meat. Layer tater tots on top. Bake at 400° for 50 minutes, covered, then 10 minutes, uncovered. Serves 5 to 6.
Kids like it!

Janet Kakkuri

KID'S HAPPY MEAL

1 lb. hamburger	1/2 c. shredded cheese
1/2 chopped onion	1 can cream of mushroom soup
1 pkg. frozen tater tots	1 c. milk

Brown hamburger and onion; drain. Use baking dish large enough to hold all ingredients with cover. Grease lightly with margarine. Add frozen tater tots, hamburger mixture and 1 can of soup mixed with 1 cup milk. Sprinkle cheese over top and bake 45 minutes at 350° or until heated through.

Ryan J. House

FLANK STEAK SUKIYAKI

1 lb. flank steak	1/2 sliced celery
1 Tbsp. sugar	1/3 c. bamboo shoots
1 tsp. ginger	1/3 c. sliced water chestnuts
1/2 tsp. beef bouillon granules	1/3 c. sliced green onions
1/4 tsp. crushed red pepper	1/3 c. sliced mushrooms
1/4 c. soy sauce	2 c. torn fresh spinach
1/2 c. water	1 c. fresh bean sprouts
2 tsp. vegetable oil	2 1/2 c. hot cooked rice
3/4 c. thinly sliced onion	

Trim fat from steak and partially freeze. Slice diagonally across grain into thin strips; set aside. Combine sugar and next 6 ingredients in a small saucepan. Cook over medium heat until sugar dissolves, stirring often. Remove from heat. Add oil to a preheated wok; heat oil to 325°. Add meat and cook till meat browns. Remove from wok. Add onion, celery and half of sauce mixture to wok, stirring constantly. Add bamboo shoots and water chestnuts; cook 3 minutes, stirring constantly. Add green onion and next 3 ingredients; cook 2 to 3 minutes. Add meat and remaining sauce; heat. Serve over hot rice.

June Helfrich

STUFFED PEPPERS IN SALSA

4 bell peppers (large)	1 lb. ground beef, lean
4 slices stale bread	1 small onion
2 eggs	1/2 tsp. baking powder
1/2 tsp. dried parsley	1/4 tsp. black pepper
1/4 tsp. garlic powder (or 1 clove garlic)	1/2 c. shortening
	Salt to taste

Cut peppers in halves lengthwise. Remove cores and seeds. Soak slices of stale bread in a small amount of water (or just swish each slice under the running water). Set aside. Chop onion fine. Beat eggs well. Squeeze water out of each bread slice. In large bowl crumble bread over crumbled ground beef. Add chopped onion, beaten eggs and balance of ingredients. Mix until well blended. Fill each pepper half with blended meat. Melt shortening in large skillet or electric fry pan. Lay filled peppers in skillet, filled side down; brown slightly.

Turn peppers and tip occasionally from side to side and brown pepper lightly. Place in a baking pan right side up (side by side). Cover and bake for 45 minutes at 375°. Remove from oven. Pour off any fat. Spoon salsa (spaghetti sauce) over each pepper. Pour remaining sauce around peppers. Sprinkle with grated Romano cheese. Return to oven and continue baking, uncovered, for 15 to 20 minutes or until fully cooked. Serves 8 (main dish).

Salsa:

1/2 lb. ground beef	1/4 tsp. garlic powder
1 large can Contadina tomato paste	1 small bay leaf
1 can (medium) tomatoes	1/4 tsp. black pepper
1/2 tsp. basil	Salt to taste
1/2 tsp. parsley	Sauteed or cooked canned mushrooms (optional)

In saucepan, brown ground beef and keep separating meat until crumbly. Drain out fat; add all ingredients. Mix well. If too thick, add 1 cup water; mix well. Simmer for at least 1 hour or until desired thickness.

Note: More ground beef may be used or 1 pound stewing beef may be used in place of the ground beef.

Maria Hall

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise think on these things. Philippians 4:8.

IMPOSSIBLE TACO PIE

1 lb. ground beef
1/2 c. chopped onion
1 env. seasoning mix
1 can chopped green chilies,
drained

1 1/4 c. milk
2 tomatoes, sliced
3/4 c. Bisquick mix
3 eggs
1 c. Monterey Jack cheese

Heat oven to 400°. Grease baking dish. Cook and stir ground beef and onion till brown. Drain. Stir in seasoning mix. Spread in plate. Top with chilies. Beat milk, Bisquick and egg till smooth, 1 minute. Pour on top of meat. Bake 25 minutes. Top with tomatoes and cheese and bake till knife inserted comes out clean, 8 to 10 minutes. Serve with sour cream, tomatoes, shredded lettuce, and cheese.

Jenny Green

TOSTADOS

1 pkg. tortillas
1 lb. ground beef
1/2 chopped onion
Cheese

1/2 tsp. chili powder
1/2 tsp. salt
Pepper

Brown onion and beef in skillet. Add chili powder, salt and pepper. Heat oil in fry pan. Soften tortillas in oil, one side then the other. Drain on paper towel. Fill tortillas with 2 tablespoons meat. Roll and place seam down in shallow baking dish. Cover each with a slice of cheese. Heat in oven until cheese is melted.

Jenny Green

MEXICAN ENCHILADAS

You will need flour tortillas.

Meat filling:

1 lb. ground chuck
1/8 tsp. garlic powder
2 tsp. salt

1 Tbsp. water
1 Tbsp. chili powder
1 can kidney beans, drain

Tomato sauce:

3 Tbsp. salad oil
1/8 tsp. garlic powder
1/2 c. chopped onion
1/4 c. chopped green pepper
1 (2 lb. 3 oz.) can Italian tomatoes
(undrained)
1 (6 oz.) can tomato paste
1 beef bouillon cube

3/4 c. boiling water
2 to 3 Tbsp. finely chopped canned
green chilies
Dash of ground cumin
1/2 tsp. salt
1/8 tsp. pepper
1 c. grated Cheddar cheese

Filling: In a medium skillet, over low heat, saute chuck, stirring, with garlic powder, salt, water, and chili powder. Cook until chuck is browned. Stir in beans; remove from heat.

Tomato sauce: In hot oil in skillet, saute garlic powder, onion and green pepper until tender, about 5 minutes. Remove from heat. Stir in undrained tomatoes and tomato paste and mix well. Bring to boiling point, stirring over medium heat. Dissolve 1 beef bouillon cube in 3/4 cup boiling water. Add beef bouillon, the chilies, cumin, salt, and pepper to the tomato mixture. Simmer, uncovered, stirring occasionally for 5 minutes to thicken slightly.

To assemble: Preheat oven to 350°F. Place 1/3 cup filling in center of each tortilla; roll up. Arrange, seam side down, in a 13x9 inch baking dish. Pour the tomato sauce over all; sprinkle top with grated cheese. Bake for 25 minutes. Yield: 12 enchiladas.

Tangie Southern

VEAL PICATA

1 lb. veal
1/4 c. flour
1/4 c. oil
2 Tbsp. unsalted butter

2 lemons
1/4 c. dry white wine
Salt and pepper to taste

Slice veal 1/4 inch thick and cut in 3x4 inch pieces. Lightly flour on both sides. Heat oil and butter in heavy skillet. Add veal pieces and saute about 3 minutes on each side till light brown. Squeeze juice of 1 lemon over veal as it cooks. Remove veal to a warm platter. Add wine to drippings and over high heat stir to deglaze pan. Continue cooking until sauce is reduced to 3 or 4 tablespoons. Slice remaining lemon in thin slices. Place over veal and top with sauce. Salt and pepper to taste.

Sherrie Cooke

MARINATED VENISON

Marinade:

1/2 c. vinegar	1 large onion, sliced
2 cloves garlic	2 Tbsp. brown sugar
2 Tbsp. salt	1 Tbsp. Worcestershire sauce
Cold water to cover	1/4 c. vinegar or lemon juice
2 cloves garlic	1 (1 lb.) can tomatoes

Venison:

4 lb. venison	2 Tbsp. flour
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Mix marinade ingredients in bowl just large enough to cover game with water. Marinate overnight.

Season marinated venison with salt; roll meat in flour and brown in hot skillet. Place in crock pot. Add rest of ingredients. Cover and cook on HIGH for 2 hours. Turn to LOW; cook for 8 to 10 hours.

Debra Janke

MARINADE GOOD FOR CHICKEN

1/3 c. grapefruit juice	1 pkg. Good Seasons Italian
1/3 c. oil	dressing

Mix together and marinate chicken until ready for broiling.

Lorraine Cooke

SOY SAUCE MARINADE

I like this especially for flank steak.

1/2 c. La Choy sauce	1/2 c. water
2 Tbsp. lemon juice	1 Tbsp. brown sugar
2 Tbsp. salad oil	1/4 tsp. liquid hot sauce
1 clove garlic, crushed	1/4 tsp. fresh ground pepper

Combine ingredients. Use to marinate beef, pork or chicken before grilling or broiling. Makes 1 1/2 cups. You can heat the marinade and serve it with the meat.

Lorraine Cooke

The best place to start solving a problem is nearest to the place where it began. Don't live in an "if only" land; instead of being an "if" thinker become a how thinker.

Breads, Rolls, Pastries



EQUIVALENT CHART

3 tsp.	1 tbsp.	1/4 lb. crumbled Bleu cheese	1 c.
2 tbsp.	1/8 c.	1 lemon	3 tbsp. juice
4 tbsp.	1/4 c.	1 orange	1/3 c. juice
8 tbsp.	1/2 c.	1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled
16 tbsp.	1 c.	2 c. fat	1 lb.
5 tbsp. + 1 tsp.	1/3 c.	1 lb. butter	2 c. or 4 sticks
12 tbsp.	3/4 c.	2 c. granulated sugar	1 lb.
4 oz.	1/2 c.	3 1/2 - 4 c. unsifted powdered sugar	1 lb.
8 oz.	1 c.	2 1/4 c. packed brown sugar	1 lb.
16 oz.	1 lb.	4 c. sifted flour	1 lb.
1 oz.	.2 tbsp. fat or liquid	4 1/2 c. cake flour	1 lb.
2 c.	1 pt.	3 1/2 c. unsifted whole wheat flour	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked	
1 qt.	.4 c.	macaroni	2 1/4 c. cooked
5/8 c.	.1/2 c. + 2 tbsp.	7 oz. spaghetti	4 c. cooked
7/8 c.	.3/4 c. + 2 tbsp.	4 oz. (1 1/2 to 2 c.) uncooked	
1 jigger.	.1 1/2 fl. oz. (3 tbsp.)	noodles	2 c. cooked
8 to 10 egg whites.	1 c.	28 saltine crackers	1 c. crumbs
12 to 14 egg yolks.	1 c.	4 slices bread	1 c. crumbs
1 c. unwhipped cream	.2 c. whipped	14 square graham crackers	1 c. crumbs
1 lb. shredded American cheese	.4 c.	22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
1 tablespoon cornstarch (for thickening) = 2 tablespoons flour.
1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour.
1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour.
1 teaspoon baking powder = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
1 cup sweet milk = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
3/4 cup cracker crumbs = 1 cup bread crumbs.
1 cup cream, sour, heavy = 1/3 cup butter and 2/3 cup milk in any sour milk recipe.
1 teaspoon dried herbs = 1 tablespoon fresh herbs.
1 cup whole milk = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
1 package active dry yeast = 1 cake compressed yeast.
1 tablespoon instant minced onion, rehydrated = 1 small fresh onion.
1 tablespoon prepared mustard = 1 teaspoon dry mustard.
1/8 teaspoon garlic powder = 1 small pressed clove of garlic.
1 lb. whole dates = 1 1/2 c. pitted and cut.
3 medium bananas = 1 c. mashed.
3 c. dry corn flakes = 1 c. crushed.
10 miniature marshmallows = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8-oz.	.1 cup
picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 21/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

BREADS, ROLLS, PASTRIES

APPLE STRUDEL

Sift together:

2 c. flour	1/2 tsp. salt
3 tsp. baking powder	2 Tbsp. sugar

Cut in 1/4 cup shortening. Add 2/3 cup milk. Roll out dough to 1/4 inch thick or less. Put on chopped apples (5 or so). Mix together 1/2 cup sugar with a tablespoon of cinnamon and a tablespoon of cornstarch. Sprinkle mixture over apples. Dot with butter. Roll into a jelly roll. Put on to a lightly greased pan and form into a semi-circle. Bake at 425° for 30 minutes or till apples are done. Serve warm with butter.

Sandy Carlson

CHALLAH OR EGG BREAD

1 pkg. dry yeast	1/3 c. butter (room temperature)
5 c. all-purpose flour	1 c. hot tap water
2 Tbsp. sugar	3 eggs and 1 egg white (room
1 1/2 tsp. salt	temperature)

Glaze:

1 yolk (from egg above)	1 tsp. water
2 Tbsp. sugar	1/2 tsp. poppy seeds (to sprinkle)

Dissolve yeast in 1/4 cup hot tap water. Put 2 cups flour, sugar, salt, and butter in large mixing bowl. Add water and mix. Add 3 eggs and 1 egg white. Continue to mix. Add dissolved yeast and additional flour until the dough is no longer sticky. Continue to add small amounts of flour until the dough no longer sticks to the bowl. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 to 8 minutes). Return dough to a clean greased bowl. Cover with plastic wrap and put in a warm place until dough doubles in bulk. Punch dough down and divide in half.

To braid, divide each half into 3 parts. Roll each piece into a 12 inch length. Lay roll parallel and start the braid in the middle. Pinch the end securely. Repeat with the other half of the dough. Place the 2 braids on the baking sheet. Beat together the ingredients for the glaze and brush over the bread. Sprinkle on the poppy seeds. Let the bread rise again for about an hour until double in bulk. Preheat the oven to 400°. Bake the bread for 30 to 35 minutes or until shiny golden brown. Cool on wire racks.

Tara Carpenter

COFFEE CAKE DOUGH

1 lb. oleo	5 pkg. dry yeast
4½ c. milk	2 c. sugar
4 large eggs	Salt
Lemon peel	Enough flour to make a stiff dough

Dissolve yeast in lukewarm milk until it bubbles. Add rest of the ingredients and mix or knead dough. Separate into 5 pieces of dough and place each in a plastic bag to be frozen and used whenever you wish. When you want to bake dough, take out a piece and let it thaw out several hours, then put on pan with whatever topping you wish. Let rise and bake at 375° approximately 20 minutes or until lightly browned.

Toppings: Streusel - Mix 1 cup flour, 1 cup sugar and 1 stick oleo and put on top. Apple: Peel and cut apples, put on dough. Sprinkle bread crumbs and sugar on top and bake.

Mary Hahn

ALMOND COFFEE CAKE

1 c. flour	1/4 lb. butter
3 eggs	1½ c. warm milk
Salt	Grated lemon peel
1 yeast cake	1 tsp. sugar

Melt butter in milk. Beat eggs; put in milk, sugar, lemon, salt, and yeast. Let rise double. Spread in pan ground almonds, then add 1/4 pound butter, 1/2 cup sugar, 2 tablespoons milk, and 1 teaspoon vanilla. Stir while boiling. Cool. Put on raised dough. Bake at 350° for 20 minutes.

Ethel Uzelac

STREUSEL COFFEE CAKE

Mix together like pie.

2 c. flour	1 c. sugar
1/4 lb. butter	1/2 tsp. salt

Take off 1 cup of dough and crumble like streusel.

To the rest of dough, add:

2 eggs, slightly beaten	1/2 c. milk (scant)
2 tsp. baking powder	Grated rind of 1 lemon
1 tsp. lemon juice	

Put dough in baking tin. Top with streusel and bake about 30 minutes at 350°.

Optional: Add bit more butter or nuts.

Ethel Uzelac

ALMOND PUFF

Cake - Pastry:

1/2 c. butter, softened	1 c. water
1 c. flour	1 tsp. almond extract
2 Tbsp. water	1 c. flour
1/2 c. butter	3 eggs

Frosting - Sugar Glaze - Mix:

1 1/2 c. confectioners sugar	1 to 1 1/2 tsp. vanilla extract
2 Tbsp. softened butter	1 to 2 Tbsp. warm water

Mix until smooth.

Heat oven to 350°. Cut 1/2 cup butter into 1 cup flour. Sprinkle 2 tablespoons water over mixture. Mix with fork. Round in ball; divide in half. On ungreased baking sheet, put each half into a strip 12x3 inches. Strips should be 3 inches apart. In medium saucepan, heat 1/2 cup butter and 1 cup water to a rolling boil. Remove from heat and quickly stir in almond extract and 1 cup flour. Stir vigorously over and heat until mixture forms in a ball, about 1 minute. Remove from heat. Beat in eggs, all at one time, until smooth. Divide in half; spread each half evenly over strips. Cover completely. Bake about 60 minutes or until topping is crisp and brown. Cool; cover with Sugar Glaze. Sprinkle generously with pecans (chopped).

Claudia Hanselman

CINNAMON ROLL RING

1 (1 lb. 8 oz.) pkg. frozen rolls (like frozen yeast bread)	2 1/2 tsp. cinnamon
1 c. brown sugar	1 1/2 sticks butter, melted
1/2 c. sugar	Raisins or chopped pecans (optional)

Butter Bundt pan. Dip frozen rolls into mixture of combined sugars, cinnamon and butter. Place in Bundt pan, about 2 layers. Let rise for 6 hours or overnight. Bake at 325° for 30 minutes. Let cool 15 minutes, then turn out onto serving plate.

May add raisins or nuts in Bundt pan as layering bread if desired.

Jan Bradford

EASY STICKY BUNS - PATTY'S RECIPE

You will need 2 or 3 cans biscuits, cut into quarters.

Prepare glaze:

1 stick oleo
1 c. brown sugar
1 c. chopped pecans

2 Tbsp. water
1 tsp. cinnamon

Combine Glaze ingredients and heat to a boil.

Stir in biscuit quarters and pour into a greased Bundt pan. Bake at 400° for 20 minutes. *Easy and tasty.*

Lorraine Cooke

GLAZED LEMON BREAD

1/3 c. melted butter
1 1/4 c. sugar
2 eggs
1/4 tsp. almond extract
1 1/2 c. flour

1 tsp. baking powder
1 tsp. salt
1/2 c. milk
1 Tbsp. grated lemon peel
3 Tbsp. fresh lemon juice

Blend well the butter and 1 cup sugar; beat in eggs, one at a time. Add almond extract. Sift together dry ingredients. Add to egg mixture alternately with milk. Blend just to mix. Fold in peel. Turn into greased 8 1/2 x 4 1/2 x 2 3/4 inch oven-proof glass loaf pan. Bake at 325° about 70 minutes or until loaf tests done in center.

Mix lemon juice and 1/4 cup sugar; immediately spoon over hot loaf. Cool 10 minutes. Remove from pan; cool on rack. Don't cut for 24 hours. Makes 1 loaf. If baked in metal pan, use a 350° oven.

Marcy Flora

AUNT LOIS'S LEMON BREAD

2 c. sugar
3/4 c. shortening
4 large eggs
2 Tbsp. lemon extract

1 c. milk
3 c. flour
3 tsp. baking powder
1/2 tsp. salt

Topping:

1/2 c. sugar

3 Tbsp. lemon juice

Cream together sugar and shortening in a large bowl. Add eggs, lemon extract and milk. Mix until smooth. Sift dry ingredients together and add to lemon batter. Mix until smooth. Pour batter into greased and floured 9x5 inch loaf pans. (This recipe fills 2 pans.)

Bake at 350° for about 50 minutes until almost done. Dissolve sugar in lemon juice (I do it in the microwave), and pour over just baked bread. Return to oven and bake 5 to 10 minutes longer. Cool.

Lorraine Cooke

WENDY'S RASPBERRY BREAD

3 c. flour	1/2 c. oil
1 tsp. baking soda	1 tsp. vanilla
1 tsp. salt	2/3 c. chopped nuts
1 tsp. cinnamon	2 c. (16 oz.) frozen raspberries, thawed (including juice)
2 c. sugar	
4 eggs, well beaten	

Blend above ingredients together thoroughly and pour into 2 floured and greased loaf pans (bread size). Bake at 350° for 40 minutes.

A little raspberry juice, sugar and soft cream cheese makes a great spread.
Lorraine Cooke

MR. CHAMBERLAIN'S ROLL RECIPE

1 lb. oleo	2 cakes yeast
1 Tbsp. shortening	4 eggs
1/2 c. sugar	1 tsp. salt
2 2/3 c. scalded milk	8 c. flour

Dissolve yeast in 2/3 of the milk. Cream 1 tablespoon of shortening and sugar and beat. Add yeast and milk. Set till foamy, then add 8 cups flour. Let rise in refrigerator overnight. Knead several times as it will rise too much.

In the morning, cut dough in 4 pieces. Put 3 in the refrigerator. Take 1 of the 1/4 pieces and roll thin. For each of the 1/4 pieces of dough, use 1/4 of the pound of oleo. Oleo must be spreadable. Cover half of the dough with oleo. Fold and roll thin again. Do this about 6 or 8 times till 1/4 pound of oleo is used up.

Repeat process 4 times and return all to refrigerator. Cut each of the 4 sections into thin slices and make into any desired Danish roll shape - round pinwheels, knots, or triangles. Let rise and bake at 350° till lightly browned (not too much). Either put jam on before you bake, and bake with jam on, or frost after baking with thin vanilla frosting (confectioners) glaze.

Dorothy Lehman

God is our refuge and strength, a very present help in time of trouble. Psalm 46:1.

NINETY MINUTE DINNER ROLLS

2 to 2 1/2 c. unsifted flour	1/2 c. milk
2 Tbsp. sugar	1/4 c. water
1/2 tsp. salt	2 Tbsp. Fleischmann's unsalted
1 pkg. Fleischmann's active dry yeast	margarine

Mix 3/4 cup flour, sugar, salt, and undissolved yeast. Heat milk, water and margarine to 120°F to 130°F. Gradually add to dry ingredients and beat for 2 minutes at medium speed of mixer. Add 1/4 cup of flour. Beat at high speed for 2 minutes. Stir in enough flour to make soft dough. On floured board, knead dough 2 to 3 minutes. Divide into 12 equal pieces. Shape into balls. Place in greased 8 inch round pan.

Pour a 1 inch depth of boiling water into a large pan on bottom rack of cold oven. Set rolls on rack about water. Cover; close oven. Let rise 30 minutes. Uncover rolls. Remove pan of water. Turn oven on at 375°F. Bake 20 to 25 minutes or until done. Remove from oven and serve!! Makes about 12 rolls.

Claudia Hanselman

MONKEY BREAD

4 cans refrigerator biscuits (40)	1 c. brown sugar
1 1/2 tsp. cinnamon	1/2 c. pecans
1/2 c. butter	1/2 c. raisins
1 c. white sugar	1/2 c. coconut (if desired)

Cut each biscuit into 4 pieces. Place white sugar and cinnamon in plastic bag. Add biscuit pieces, a few at a time. Shake to coat. Place pieces in a buttered tube pan until all are used. Sprinkle layers with pecans, raisins and coconut. Bring brown sugar and butter to a boil in saucepan. Pour over top of biscuits. Bake at 350° for 45 minutes. Allow to cool 15 minutes before removing from pan. Turn top side up to serve. Pieces can be pulled apart.

Carolyn Wood

BUBBLE BREAD

Place in greased Bundt pan 24 frozen Parker House dinner rolls.

Mix:

1 c. brown sugar	1/4 c. granulated sugar
1 butterscotch pudding (<i>not</i> <i>instant</i>)	1 tsp. cinnamon

Pour ingredients over rolls. Melt 1 stick oleo and 1/2 cup pecans. Pour over all. Do *not* cover - place on cupboard overnight. In morning, bake at 350° for 30 minutes. Let stand for 10 minutes and turn onto plate.

Dina Stewart

PULL APART PARMESAN-GARLIC BUBBLE LOAF

1 loaf frozen bread, thawed
3 Tbsp. Parmesan cheese

1/2 tsp. garlic powder
1/4 c. butter or margarine, melted

Cut dough into 16 pieces; shape into balls. Place on floured surface; rest 10 minutes.

Prepare cheese mixture. Using spoon, roll balls in butter mix in 8 inch round pan or bread pan. Arrange balls loosely in 2 layers. Let rise in a warm place until double. Bake at 375° for 20 minutes or until nice and brown.

Lorraine Cooke

SOUTHERN SPOON BREAD

1 1/2 c. water
2 c. milk
1 1/2 c. white corn meal
1 1/4 tsp. salt

1 1/2 tsp. sugar
2 Tbsp. butter
5 eggs
1 Tbsp. baking powder

Preheat oven to 350°. Grease a large, shallow baking dish. Combine water and milk to simmer in large pot. Add the corn meal, salt, sugar, and butter and stir over medium heat until mixture is thickened, about 5 minutes. Remove from heat.

Beat eggs with baking powder until they are very light and fluffy. Add to corn meal mixture. Mix well. Pour into dish. Bake for 45 to 50 minutes. Serve hot with butter. *Excellent with fried apples!*

Jan Bradford

HOLIDAY FRUIT AND NUT ROLL

1 lb. pecan meats
1 lb. dates
1 lb. candied cherries
4 c. flour
2 c. sugar
1 lb. candied pineapple, cut up

1 lb. butter
1 1/2 tsp. vanilla
6 eggs
2 tsp. baking powder
1/4 tsp. salt

Sift 1 cup flour over cut up fruit and nuts. Cream butter and sugar well and add eggs, one at a time. Sift rest of flour with dry ingredients and add to butter and egg mixture. Mix well. Add nuts and fruit. Grease pans well. Line with brown paper and grease paper also. Fill pans. Bake at 250° for 1 3/4 hours with pans covered with paper. Remove and bake 3/4 hour longer. Cake is done if tester comes out dry.

Myrtle White

JULEKAKE - NORWEGIAN CHRISTMAS BREAD

1/4 lb. butter	1/4 lb. raisins (seedless)
1 egg	1 tsp. cardamon, crushed
1 c. milk	1/4 c. fruits and peels
1/2 c. sugar	3 1/2 c. flour
1 yeast	1/4 c. warm water

Dissolve yeast in 1/4 cup warm water. Heat milk and butter; add sugar, raisins, fruits, peels, and cardamom. Add egg (beaten) after removing from stove. Add yeast mix. Stir in the flour and mix thoroughly with hands. Cover with towel and let rise until double in bulk, in a deep greased bowl in a warm place (80°F). Punch down with fists and turn dough over in bowl. Let rise again until nearly double. Turn out on floured board and knead, form into round ball. Place in a 9 inch layer cake pan (greased); flatten slightly. Cover; let rise until double. Bake 1 hour at 325°.

Lillian Winant

APPLE CINNAMON OAT BRAN MUFFINS

4 1/2 c. oat bran	1 (12 oz.) can frozen apple juice concentrate, melted
1/2 c. brown sugar	4 egg whites
2 1/2 tsp. cinnamon	4 Tbsp. vegetable oil
2 Tbsp. baking powder	2 medium apples, chopped or 1 1/2 c. chunky applesauce
1/2 c. chopped walnuts	
1/2 c. raisins	
1 c. skim milk	

Mix all ingredients. Put into muffin cups. Bake at 425° for 17 minutes. Watch carefully - they burn easily. Bake on top shelf of oven (second one down). Makes 24 muffins.

Janet Kakkuri

ST. JOHN BANANA BREAD

1/2 c. butter or margarine	1 tsp. soda
1 c. white sugar	1/2 tsp. salt
2 eggs	3 large bananas, mashed
2 c. flour	

Cream butter and sugar. Add eggs. Alternate dry ingredients and mashed bananas. Bake in loaf pan at 350° for 50 to 60 minutes. Melt a couple tablespoons oleo and pour on top and sprinkle mixture of sugar and cinnamon on top.

Marianna Cowie

BANANA MUFFINS

3 mashed bananas	1 tsp. baking powder
1/2 c. sugar	1 tsp. soda
5 Tbsp. melted butter	1 1/2 c. flour
1 egg	

Beat together thoroughly bananas, sugar, butter, and egg. Sift dry ingredients together and add to banana mixture. Pour into greased cupcake molds. Bake at 350° for 20 to 25 minutes.

Fran Hillman

BANANA CHOCOLATE CHIP MUFFINS

2 ripe bananas, mashed	2 tsp. baking powder
2 eggs	1/2 tsp. salt
1 c. brown sugar	1/2 tsp. cinnamon
1/2 c. margarine, melted	1 c. chocolate chips
1 tsp. vanilla	1/2 c. walnuts, chopped
2 1/4 c. flour	

Preheat oven to 350°. Blend together bananas, eggs, sugar, margarine, and vanilla. In another bowl combine flour, baking powder, salt, and cinnamon. Gradually add flour mixture to banana mixture. Stir in chocolate chips and walnuts. (Mixture will be thick.) Evenly distribute into greased muffin pans. Bake at 350° for 25 to 30 minutes. Makes 12 muffins.

Sandy Carlson

CHOCOLATE CHIP MUFFINS

1 1/2 c. flour	1/2 c. sugar
3 tsp. baking powder	1 c. mini-chocolate chips
1 c. milk	1/3 c. melted margarine
1 egg	

Line muffin tins with papers. Mix dry ingredients and add chocolate chips. Combine milk, butter and egg and stir into flour mixture. Bake at 375° for 20 minutes. Makes about a dozen.

Britt Carpenter

Thus saith the Lord, "Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches; but let him that glorieth glory in this, that he understandeth and knoweth me, that I am the Lord which exercises loving kindness, judgment, and righteousness in the earth, for in these things I delight, sayeth the Lord." Jeremiah 9:23,24.

ZUCCHINI CAKE-MUFFINS

3 c. grated zucchini squash	2 tsp. baking powder
2 c. white sugar	1 tsp. salt
1 c. brown sugar	1 tsp. baking soda
1 1/2 c. vegetable oil	2 tsp. cinnamon
4 eggs	1 c. walnuts
3 c. flour	1/2 c. raisins

Mix first 5 ingredients blending well. Mix last 7 ingredients by spoon, until all blended together. *Do not overbeat.*

Cake: Bake in greased and floured angel food cake pan at 300° for 1 1/2 hours.

Muffins: Grease and flour muffin pan. Bake at 350° for 25 to 35 minutes or until toothpick comes out dry.

Becky Boss

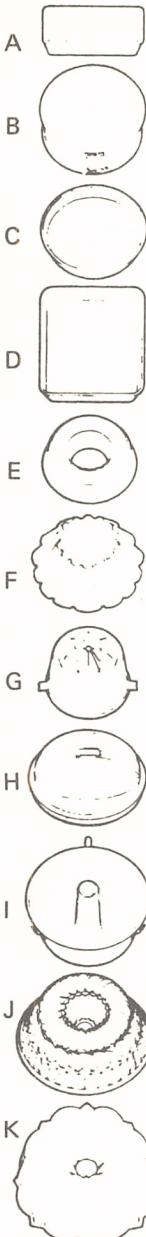
Cakes, Cookies, Desserts



HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:

9-inch pie plate
8x1¼-inch layer cake pan - C
7¾x3½x2¼-inch loaf pan - A

6-cup baking dish:

8 or 9x1½-inch layer cake pan - C
10-inch pie plate
8½x3½x2½-inch loaf pan - A

8-cup baking dish:

8x8x2-inch square pan - D
11x7x1½-inch baking pan
9x5x3-inch loaf pan - A

10-cup baking dish:

9x9x2-inch square pan - D
11¾x7½x1¾-inch baking pan
15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan - K	6 cups
9x3½-inch fancy tube or "Bundt" pan - J or K	9 cups
9x3½-inch angel cake pan - I	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan - K	12 cups
9x3½-inch fancy tube mold - J	12 cups
10x4-inch fancy tube mold (Kugelhupf) - J	16 cups
10x4-inch angel cake pan - I	18 cups

Melon Mold:

7x5½x4-inch mold - H 6 cups

Spring-Form Pans:

8x3-inch pan - B	12 cups
9x3-inch pan - B	16 cups

Ring Molds:

8½x2¼-inch mold - E	4½ cups
9¼x2¾-inch mold - E	8 cups

Charlotte Mold:

6x4¼-inch mold - G	7½ cups
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Brioche Pan:

9½x3¼-inch pan - F	8 cups
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CAKES, COOKIES, DESSERTS

APPLE CRISP

4 c. sliced tart apples (about 4 medium)	1/2 c. oatmeal
2/3 to 3/4 c. packed brown sugar	3/4 tsp. ground cinnamon
1/2 c. all-purpose flour	3/4 tsp. ground nutmeg

Heat oven to 375°. Arrange apples in greased square pan, 8x8x2 inches. Mix remaining ingredients; sprinkle over apples. Bake until topping is golden brown and apples are tender, about 30 minutes. Serve warm with ice cream.

Cheryl Schmitke

APPLE CAKE WITH BUTTERMILK ICING

1 1/2 c. sugar	1 tsp. cinnamon
1 c. salad oil	1 tsp. allspice
3 eggs	1 c. buttermilk
2 c. sifted flour	1 c. chopped pecans
1 tsp. soda	1 c. chopped apples
1 tsp. salt	1 tsp. vanilla
1 tsp. nutmeg	

Combine sugar, oil and eggs. Beat until smooth. Sift together dry ingredients. Add alternately with buttermilk to creamed mixture. Stir in remaining ingredients. Bake in a greased and floured 9x13 inch pan. Bake at 300° for 55 to 60 minutes. Cool in pan. Spread with Buttermilk Icing (recipe follows).

Buttermilk Icing:

1 c. sugar	1/2 tsp. vanilla
1/2 c. buttermilk	1/2 c. margarine
1/2 tsp. soda	

Mix in saucepan and cook over medium heat, stirring constantly to 230° on candy thermometer (about 8 to 10 minutes from boiling). Remove from heat and cool 5 minutes. Beat with electric mixer until it starts to thicken. Pour at once over cake in pan.

Tangie Southern

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it. I Corinthians 10:13.

APPLE NUT CAKE

4 eggs	1 tsp. salt
2 c. sugar	1 tsp. cinnamon
1½ c. oil	1 tsp. vanilla
1 c. chopped nuts	2 c. flour
1 tsp. baking soda	2½ c. cut up apples

Mix eggs, sugar, soda, salt, and cinnamon. Mix ½ cup flour with apples and nuts in small bowl; set aside. Add oil to egg mixture and blend well, then add flour and mix well. Add apples, nuts and vanilla. Mix real well; bake in tube pan for 1 hour at 350° or until lightly browned.

Cheryl Schmitke

APPLE PIE CAKE

1 c. sugar	½ tsp. nutmeg
3 Tbsp. butter or oleo	½ c. chopped walnuts
1 egg, beaten	3 c. diced apples
1 c. flour	½ tsp. salt
1 tsp. baking soda	½ tsp. cinnamon

Cream sugar, butter and beaten egg and mix well. Add dry ingredients which have been mixed together. Add apples and nuts. Bake at 350° in an 8x8x2 inch greased pan for 40 to 45 minutes. Serve warm.

Janet Kakkuri

APPLESAUCE CAKE

½ c. shortening	1 tsp. baking powder
½ c. brown sugar	1 tsp. cinnamon
½ c. white sugar	½ tsp. nutmeg
2 eggs	¼ tsp. cloves
2 c. sifted flour	1½ c. applesauce
1 tsp. salt	½ c. chopped walnuts
1 tsp. soda	½ c. chopped raisins

Cream shortening and sugar until light and fluffy. Add eggs; beat well. Sift flour, salt, soda, baking powder, and spices. Add to creamed mixture, alternating with applesauce. Beat well after each addition. Stir in nuts and raisins. Spread batter into a greased 13 x 9½ x 2 inch pan; bake at 350° for 35 to 40 minutes.

Shirley Hardesty

BAVARIAN APPLE TORTE

Crust:

1/2 c. butter	1/4 tsp. vanilla
1/3 c. sugar	1 c. flour

Filling:

1 (8 oz.) cream cheese, softened	1 egg
1/4 c. sugar	1/2 tsp. vanilla

Topping:

4 c. cored, peeled and very thinly sliced apples	1 tsp. grated orange peel
1/3 c. sugar	1/2 c. cinnamon
	1/4 c. sliced almonds

Crust: Cream together butter and sugar. Beat in vanilla. Beat in flour just until blended. Pat dough into bottom and 1 1/2 inches up sides of a 9 inch springform pan.

Filling: Beat together cream cheese, sugar, and vanilla until smooth. Pour into crust.

Topping: Toss together apples, sugar, orange peel, and cinnamon. Arrange topping over filling. Sprinkle with almonds.

Bake in a 450° oven for 10 minutes. Reduce heat to 400° and bake 25 minutes more. Let cake cool in pan. Makes approximately 8 servings.

Carol Ellis

BLUEBERRY COBBLER

3/4 c. flour	3/4 c. berries or peaches
3/4 c. sugar	3/4 c. oleo
3/4 c. milk	1 tsp. baking powder

Melt oleo in baking dish. Add other ingredients; mix well. Bake at 350° for 30 minutes.

Jenny Green

And now these three remain, faith, hope and love; but the greatest of these is love. I Corinthians 13:13.

ARIZONA SHEET CAKE

Cake:

2 c. sugar	1 tsp. soda
2 c. flour	1 c. cold water
4 Tbsp. cocoa	1 stick margarine
1/2 c. buttermilk	1/2 c. salad oil
2 eggs	

Frosting:

1 stick margarine	1 tsp. vanilla
1/4 c. cocoa	1 box powdered sugar
1/3 c. buttermilk	

Cake: Sift dry ingredients. Bring water, butter and oil to boil and pour over dry ingredients. Beat until creamy. Add eggs, buttermilk and soda. Beat well. Bake 18 minutes at 400°.

Frosting: Bring margarine, cocoa and buttermilk to boil. Add sugar and vanilla. Spread on cake.

Shirley Hardesty

WALDORF ASTORIA CAKE

2/3 c. butter	2 c. sugar
4 sq. unsweetened chocolate, melted	2 eggs
2 c. cake flour	1 1/2 c. milk
1 tsp. vanilla	2 tsp. baking powder
1 c. chopped walnuts	1/2 tsp. salt

Cream butter and sugar; add chocolate. Beat in 1 egg at a time. Alternately add dry ingredients (which have been sifted together) with milk. Add nuts and vanilla. Bake in 3 or 4 (8 or 9 inch) layer pans.

Frosting:

1 1/2 c. butter	2 sq. melted chocolate
1 c. chopped walnuts	2 c. powdered sugar
1 egg	1 Tbsp. lemon juice

Lorraine Cooke

AUNT LOU'S CHOCOLATE CRUNCH CAKE

Mix:

1 c. graham cracker crumbs

1/4 c. melted butter or oleo

Add:

1 c. (6 oz.) chocolate chips

1/2 c. nuts, chopped

Sprinkle over chocolate cake batter in 1 (9 inch) pan. Bake at 350° for 30 to 35 minutes. Cool 15 minutes in pans. Frost sides and middle with whipped cream - crunch side up. Can also be made in a loaf pan and can be served warm. Serve with whipped cream or ice cream.

Lorraine Cooke

CARROT CAKE WITH CREAM CHEESE ICING

2 1/3 c. flour

2 1/4 c. sugar

2 tsp. baking powder

2 tsp. baking soda

2 tsp. cinnamon

1 1/2 tsp. salt

4 eggs

3 c. grated carrots

1/2 c. salad oil (I use 3/4 c.)

3/4 c. black walnuts, chopped

Sift together dry ingredients. Add salad oil and mix. Stir in 1 egg at a time, beating well. Stir in raw carrots until well blended. Add nuts. Pour into 2 greased and floured 9 inch rounds or 2 loaf pans. Bake at 350° for 30 minutes for rounds, 50 minutes for loaves. Cool. Spread with icing.

Cream Cheese Frosting:

1 large pkg. cream cheese

1/2 stick margarine

1 lb. box powdered sugar

2 tsp. vanilla

Milk

Cream cheese and margarine. Add sugar. When smooth add vanilla. Add milk for right consistency. Frost cake. Garnish with black walnuts.

Lorraine Cooke

Man shall not live by bread alone, but by every word that proceeds from the mouth of God. Matthew 4:4.

OMI'S CARROT CAKE

1 c. sugar	1 1/4 tsp. salt
2 eggs	1 tsp. baking soda
3/4 c. oil	1 tsp. cinnamon
1 1/2 c. flour	1 1/2 c. grated carrots
1 1/2 tsp. baking powder	1/2 c. undrained crushed pineapple

Frosting:

1 (3 oz.) pkg. softened cream cheese	1 1/4 c. confectioners sugar
1/2 c. butter or margarine	Chopped walnuts or pecans

Cake: Beat sugar, eggs and oil at high speed for 4 minutes. Sift together flour, baking powder, salt, baking soda, and cinnamon. Add to sugar mixture and beat at medium speed until smooth. Stir in carrots and pineapple. Turn into a 9x13 inch greased and floured pan. Bake at 350° for 30 minutes. Cool in pan and frost with frosting.

Frosting: Beat together cream cheese and butter. Gradually stir in confectioners sugar until light and fluffy. Frost cooled cake and sprinkle with chopped nuts.

Cheryl Schmitke, Pearl Janke

DATE-NUT CAKE ROLL

1 c. chopped dates	1/2 tsp. salt
1 c. water	1/2 tsp. allspice
1/4 c. sugar	3/4 c. chopped pecans
1/8 tsp. salt	2 (3 oz.) pkg. cream cheese
3 eggs	4 Tbsp. butter
1/2 c. sugar	1/2 tsp. vanilla
1 c. flour	1 c. sifted powdered sugar
1 tsp. baking powder	

In a small saucepan combine dates, water, 1/4 cup sugar, and 1/8 teaspoon salt. Bring to boiling. Cook and stir over low heat about 4 minutes or until thick. Remove from heat; cool.

In a mixing bowl beat eggs at high speed of electric mixer for 5 minutes. Gradually beat in 1/2 cup sugar. Stir together flour, baking powder, 1/2 teaspoon salt, and allspice. Add cooked date mixture. Fold into egg mixture. Spread in greased and floured 15x10x1 inch jelly roll pan. Top with pecans.

Bake in a 375° oven for 12 minutes. Turn out onto towel sprinkled with a little powdered sugar. Starting at narrow end, roll up cake and towel together; cool.

Meanwhile, beat together the cream cheese, butter and vanilla. Beat in powdered sugar. Unroll cooled cake and spread with cream cheese mixture. Carefully re-roll and chill until serving time. Makes 10 servings.

Tangie Southern

CHERRY ANGEL DELIGHT

8 c. angel food cake cubes
1 can cherry pie filling
1 pkg. instant vanilla pudding

1 1/2 c. milk
1 c. sour cream

Place half of cake pieces in a 9x9 inch pan. Spoon half of pie filling over cake. Top with remaining cake cubes. Combine pudding mix, milk and sour cream. Beat until smooth. Spoon over cake. Chill 5 hours. Garnish with remaining pie filling.

Nancy Carpenter

ITALIAN LOVE CAKE

1 angel food cake
1/2 c. Amaretto di Saronno
1 pt. pistachio ice cream
1 pt. strawberry ice cream

2 c. heavy cream
6 oz. (1 pkg.) semi-sweet real
chocolate morsels

With a sharp serrated knife, using a sawing motion, cut the cake into three layers. Sprinkle layers with 6 tablespoons of the Amaretto di Saronno. Place 1 layer on a serving platter. Cut ice cream into slices and place pistachio ice cream on bottom layer. Top with second cake layer and a layer of strawberry ice cream. Top with third cake layer. Place in freezer. In a bowl, mix heavy cream and remaining Amaretto di Saronno and beat until very thick. Frost the sides and top of the cake and replace in freezer. Melt chocolate over very low heat until smooth. Spread chocolate in a 1/4 inch thick layer on foil and chill until chocolate hardens. With a small cookie cutter, cut hearts out of chocolate and place on top of cake. Freeze cake until ready to serve. Makes 1 (9 inch) cake.

Hope Knight

DREAM CHEESECAKE

1/2 c. butter, melted
1 c. fine graham cracker crumbs
(about 16 large crackers)
1 tsp. cream of tartar
6 eggs, separated
Sugar

19 oz. cream cheese
3 Tbsp. flour
1/2 tsp. salt
1 pt. sour cream
1 tsp. vanilla

Have all ingredients at room temperature. Butter generously a 9 inch spring form pan. Mix butter and crumbs well; reserve 1/4 cup and press remainder firmly on bottom of pan. Add cream of tartar to egg whites and beat until foamy. Gradually add 3 tablespoons sugar and beat until stiff; set aside. Beat cheese until soft. Mix 1 1/2 cups sugar, the flour and salt. Gradually beat into cheese. Add egg yolks, one at a time, beating thoroughly after each. Add sour cream and vanilla; mix well.

Fold in egg white thoroughly and pour mixture into prepared pan. Sprinkle with reserved crumbs. Bake in preheated oven at 325° for 1 1/4 hours or until firm. Turn off heat; open oven door and leave cake in oven for 10 minutes. Remove from oven and let stand on cake rack away from drafts until cool. Chill. Cake will shrink some as it cools.

RoseMarie Boesler

PHIL'S BLUE RIBBON CHEESECAKE

Crust:

1 1/2 c. graham cracker crumbs	3 Tbsp. sugar
1/2 c. melted butter	

Combine graham cracker crumbs, butter and sugar. Press crumbs evenly onto bottom and about 3/4 inch up sides of 9 inch springform pan.

Filling:

3 (8 oz.) pkg. cream cheese	1/2 c. melted butter, cooled
1 c. sugar	1/2 tsp. orange extract
3 eggs	

Preheat oven to 450°. Beat together cream cheese and sugar until light and fluffy. Add eggs, 1 at a time, beating after each addition. Blend in butter and orange extract. Turn mixture into springform pan and bake 15 minutes. Cool. Makes 10 to 12 servings. Refrigerate at least 12 hours before serving.

Becky Boss

LEMON CHEESECAKE

Crust:

1 c. crushed graham cracker crumbs	1/4 c. sugar
	1/4 c. melted butter

Blend; press 3/4 mixture into pie plate. Chill crust until set.

Filling:

1 (8 oz.) pkg. cream cheese	2 Tbsp. butter
1/2 c. sugar	1 egg
2 Tbsp. flour	2/3 c. milk
1/4 c. lemon juice	1 c. sour cream

Beat cream cheese until fluffy. Add butter, sugar, egg, and continue to beat 2 minutes. Stir in flour; add milk slowly, continuing to beat. Add lemon juice. Pour into chilled shell. Bake at 350° for 40 minutes.

Shirley Cooke

For I have learned to be content whatever the circumstances. I can do everything through Christ who gives me strength. Colossians 4:10,13.

CHEESE CAKE (Individual)

2 (8 oz.) pkg. cream cheese
3 egg yolks

3/4 c. granulated sugar

Mix together until creamy. Beat 3 egg whites until stiff and fold into above. Butter small muffin tins well and line with graham cracker crumbs (crush crackers and use like you were dusting cake pans). Fill tins 3/4 full. Bake at 350° for 15 minutes only. Cook 5 minutes in pans. Remove. Fill with topping.

Topping:

3/4 c. sour cream
1 tsp. vanilla

2 1/2 Tbsp. granulated sugar

This topping is better if put in oven for about 5 minutes - just enough to melt the sugar. Yields 24.

Eleanor Lamb

CHEESE CAKE (Lucky Shop)

1/2 c. graham cracker crumbs
4 eggs
Juice and rind of 1 lemon
2 lb. cream cheese (room temperature)

1 3/4 c. sugar
1 tsp. vanilla

Preheat oven to 325°. Use an 8 inch souffle pan or an 8 inch cake pan that must be at least 3 inches deep. Butter pan; sprinkle with crumbs. Shake out excess. Combine ingredients; heat until smooth. Pour into pan. Place pan in larger pan containing 1/2 inch boiling water. Bake 1 1/2 to 2 hours. Check when firm and top is cracked. Turn off oven; let cake remain 20 minutes longer. Remove from oven; cool 1 1/2 to 2 hours. Remove from pan. Refrigerate.

Ethel Uzelac

CREAM CHEESE TARTS

1 (3 oz.) pkg. cream cheese (room temperature)

1 stick margarine
1 c. sifted flour

Cream and mix cheese and margarine, then add flour. Chill for 1 hour and shape into 24 (1 inch) balls. Place in tiny greased muffin tins and shape dough to bottom and sides of the cup.

Filling: Beat 1 egg. Add 3/4 cup brown sugar, 1 tablespoon soft margarine, 1 teaspoon vanilla, dash of salt, and 2/3 cup chopped pecans. After beating, fill each cup 3/4 full and bake for 25 minutes at 350°. When cool, remove and sprinkle with powdered sugar. These freeze perfectly.

Lillian Barsuhn

CHEESECAKE LADYFINGER

2 boxes Jell-O brand No-Bake Cheesecakes	1 large ctn. Cool Whip
1 (8 oz.) pkg. cream cheese, softened	3 c. milk
	2 pkg. ladyfingers
	2 cans cherry pie filling

Mix 1½ cups of the milk with the cream cheese, then add the 2 packages of No-Bake Cheesecake and the other 1½ cups milk. Blend and fold in Cool Whip.

Pour into springform pan lined with ladyfingers. Top with cherry pie filling. Refrigerate overnight.

Ginni Glass

COCONUT FRUIT PIE

Crust:

2½ c. lightly toasted coconut	1/3 c. melted margarine
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Mix and place in a 9 inch pie plate.

Filling:

3/4 c. sugar	10 oz. pkg. frozen strawberries
10 oz. cream cheese	2 bananas, sliced
9¾ oz. pineapple tidbits, drained	9 oz. Cool Whip

Mix sugar and cream cheese thoroughly. Fold in fruit and Cool Whip. Place in pie crust and freeze.

Nancy Carpenter

MOCHA-CHOCOLATE POUND CAKE

2/3 c. shortening	2 c. sifted flour
1 1/4 c. sugar	1 Tbsp. instant coffee
1 tsp. salt	1/2 tsp. cream of tartar
1/4 tsp. soda	1/2 c. water
1 tsp. vanilla	3 eggs
2 (1 oz.) sq. unsweetened chocolate	

Stir shortening to soften. Sift in flour, sugar, instant coffee, salt, cream of tartar, and soda. Add water and vanilla; mix until flour is dampened. Beat vigorously 2 minutes. Add eggs and chocolate (melted); beat 1 minute longer. Pour into paper lined 9½ x 5 x 3 inch loaf pan. Bake in slow oven at 325° for 65 to 70 minutes or until done. Cool in pan 10 minutes. Remove from pan.

Dottie Lewis

POUND CAKE

1 lb. butter	1 c. milk
2 Tbsp. oil	4 c. sifted flour with 1 tsp. baking
2 3/4 c. sugar	powder mixed in
1 pinch salt	1 tsp. vanilla
6 eggs	2 tsp. almond flavoring

Beat butter, sugar, oil, and salt until fluffy. Add eggs, 1 at a time, beating after each addition. Add milk and flour, alternating each; beat well. Add vanilla and almond flavorings. Bake in well greased and floured tube pan at 325° for approximately 1 hour 20 minutes. Test with cake tester. Cool in pan for 1 hour. Invert on plate.

Myrtle White

POUND CAKE (Rich and moist)

1 lb. butter	3 c. sugar
4 c. cake flour	1/2 c. whipping cream
6 eggs	1 tsp. vanilla

Cream butter and sugar; add eggs, one at a time, into butter and sugar mix. Add flour and whipping cream alternately. Add vanilla. Pour mix into well greased and floured tube pan or Bundt mold. Place in cold oven and turn heat to 300°. Bake 1 1/2 hours.

Myrtle White

NUT SNACK CAKE

1/2 c. butter (more if using just milk)	1 1/2 c. flour
1 tsp. vanilla	1/2 c. granulated sugar
1 tsp. baking powder	2 egg yolks
Pinch of salt	3 Tbsp. cream or milk

Put above in pan. Beat egg whites (2) until stiff, adding gradually 1 cup brown sugar, 1 cup chopped nuts and 1 teaspoon vanilla. Spread on top of cake mixture. Bake 30 minutes or more in an 8x11 inch pan.

Ethyl Uzelac

FRUIT COCKTAIL CAKE

1 1/2 c. flour	1 tsp. soda
1/2 tsp. salt	1 c. sugar
1 egg	1 medium can fruit cocktail
1 tsp. vanilla	

Mix all ingredients together by hand. Pour into a 9x9 inch greased cake pan. Sprinkle 3/4 cup brown sugar on top. Bake 40 minutes at 375°. Serve hot or cold with whipped cream or ice cream.

Lillian Winant

SOUR CREAM POUND CAKE

2 sticks butter	1 tsp. salt
3 c. sugar	2 tsp. vanilla
8 eggs, separated	1 c. sour cream
3 c. sifted flour	

Cream sugar and butter. Beat egg whites till stiff. Add slightly beaten egg yolks into the butter and sugar mixture. Sift flour and salt together; add alternately with sour cream to the sugar, egg yolk and butter mixture. Add sour cream to this and gently fold in the beaten egg whites.

Grease a tube pan and bake for 1 hour and 15 minutes at 325° then increase heat to 350° and bake 10 minutes more.

Eunice Nance

COOKIE SHEET CAKE

Sift into bowl 2 cups sugar and 2 cups flour with 1 teaspoon cinnamon. Set aside.

2 sticks oleo, melted	4 Tbsp. cocoa
1 tsp. vanilla	

Bring these ingredients to a boil and pour over the dry ingredients and beat. Add 1/2 cup buttermilk, 2 eggs and beat till smooth. Mix together 1 tablespoon vinegar and 1 teaspoon soda and mix and add to batter. Bake in a greased and floured jelly roll pan at 350° for 20 minutes.

Icing: Melt 1 stick oleo. Add 4 tablespoons cocoa and 6 tablespoons buttermilk. Bring to a boil. Add 1 box powdered sugar and 1 tablespoon vanilla. Beat and add 1 cup chopped nuts. Frost cake while hot.

Lorraine Cooke

HO-HO CAKE

Step One: Bake 1 box chocolate cake in a 11x15 inch pan. Cool.

Step Two:

3/4 c. granulated sugar	1 (5.3 oz.) can evaporated milk
1/2 c. Crisco	1/2 c. margarine
2 tsp. vanilla	

Start on low speed and gradually beat to full speed. Beat for 20 minutes, then apply whipped mixture to cake and refrigerate.

Step Three: Melt 1/2 cup margarine and 3 (1 ounce) chocolate baking squares. Let cool. When cool, add 1 1/2 cups powdered sugar, 1 egg, and 2 1/2 tablespoons boiling hot water. Beat until smooth and shiny. Spoon on cake, starting from edge to center. Refrigerate. *This is very rich!!*

Nancy Carpenter

POPPY SEED CAKE

1 pkg. yellow cake mix
1 (3 $\frac{3}{4}$ oz.) pkg. instant vanilla
pudding mix
4 eggs

1 c. sour cream
1/2 c. melted butter
1/2 c. cream sherry
1/3 c. poppy seeds

Butter and flour Bundt pan. Combine all ingredients in large bowl and beat 5 minutes. Pour batter in pan. Bake 1 hour at 350° until tester comes out clean. Let cool completely in pan, then invert onto platter and serve.

Patricia Prusky

MOCK CINNAMON BUNDT CAKE

Mix together:

1 box yellow cake mix
4 eggs
1 medium ctn. sour cream
1/4 c. oil
3/4 c. hot water

1 small pkg. Jell-O instant vanilla
pudding
1 tsp. vanilla
1 tsp. butter extract

Mix together by hand:

1/2 c. sugar
2 tsp. cinnamon (heaping)

1 to 1 1/2 c. chopped pecans

Grease sides and bottom (extra there) of Bundt pan. Sprinkle 1/2 of pecan mixture on bottom of pan. Pour over 1/2 of cake mixture then add the remaining 1/2 of pecan mixture, ending with batter. Bake at 350° for 1 hour. Cool 15 minutes in pan before removing.

Shirley Hardesty

REFRIGERATOR CAKE (CAP'S FAVORITE)

2/3 to 1 c. butter
2 c. powdered sugar
6 eggs
1 1/2 tsp. vanilla

3/4 lb. vanilla wafers, crumbled
(2 5/8 c. crumbs)
1/2 c. pecans
2 1/2 oz. chocolate

Cream butter and sugar; beat egg yolks and add. Add vanilla and chopped nuts. Divide mixture in half. Beat egg whites and fold in 3 tablespoons sugar. Put half of the egg whites into the light mixture. Add melted chocolate to the dark mixture. Add other half of egg whites to dark mixture. Butter a bread pan and put in 1/3 of wafers (rolled). Put the light mixture on top of this. Put 1/3 of wafer crumbs over light layer. Put dark mixture over crumbs. Put remaining 1/3 of wafer crumbs over dark layer. Keep at room temperature for 2 hours. Put in refrigerator overnight. Serves 10 to 12. Top with whipped cream and a cherry.

Phyllis Proctor

CHOCOLATE FUDGESICLES (For the kids)

1 (3 oz.) pkg. instant chocolate pudding	2 1/2 c. milk
	3/4 c. Karo

Mix well. Freeze in molds.

Martha Berger

EASY 3 HOLE CHOCOLATE CAKE

3 c. sifted flour	2 c. sugar
6 Tbsp. cocoa	2 Tbsp. vinegar
2 tsp. baking soda	1/2 tsp. salt
3/4 c. vegetable oil	2 tsp. vanilla
2 c. cold water	

Sift dry ingredients together in a large mixing bowl. Make 3 holes in dry ingredients. Pour vinegar into one. Pour oil into one. Pour vanilla into one. Pour cold water over all. Stir until batter is smooth. Bake at 350° for 25 to 30 minutes. Frost with your favorite fudge frosting or butter cream frosting.

Marie Harned, Myrtle White

JAM CAKE

3 eggs	3 c. flour
1 c. buttermilk	1 tsp. soda
1 c. butter	1 tsp. baking powder
1 c. raisins	1/2 tsp. salt
1 c. coconut	Chopped pecans
1 c. jam (or jelly)	1 tsp. vanilla
2 c. sugar	

Icing:

2 c. sugar	1 c. coconut
1/3 c. flour	1 tsp. vanilla
1 large Pet	Chopped pecans
1 c. butter	

Mix dry ingredients. Melt butter; beat eggs. Stir above ingredients and mix 2 minutes. Add raisins, nuts and coconut. Use 3 or 4 greased and floured cake pans.

Icing: Bring first 4 ingredients to a boil slowly, stirring constantly. When thickened, add last 3 ingredients and spread on cake layers.

Irene Priest

PUNCH BOWL CAKE

1 yellow cake mix, fixed according to pkg. directions	1 large cherry pie filling
2 large vanilla instant pudding	1 large bag coconut
1 (20 oz.) pineapple	1 large bag pecans, chopped

First layer: One-half cake crumbled on bottom, $\frac{1}{2}$ of pudding, $\frac{1}{2}$ of pineapple, $\frac{1}{2}$ of pie filling, $\frac{1}{2}$ bag of coconut, $\frac{1}{2}$ Cool Whip, $\frac{1}{2}$ pecans. Repeat for next layer.

Dina Stewart

SUPER EASY CAKE

1 cake mix (any flavor)	1 c. water
4 eggs	1 box instant pudding (flavor to go with cake mix)
$\frac{1}{2}$ c. oil	

Mix all ingredients together in large mixing bowl. Pour into a greased Bundt pan. Bake at 350° for 35 to 40 minutes or until toothpick inserted comes out clean. Makes a moist cake and is easy and convenient.

Cheryl Schmitke

TOMATO SOUP CAKE (Circa 1930)

1 can tomato soup	1 tsp. nutmeg
$\frac{1}{2}$ c. butter	2 c. flour
Pinch of salt	1 tsp. soda
2 tsp. baking powder	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ tsp. cloves	1 tsp. cinnamon
$\frac{1}{2}$ c. nutmeats	$\frac{1}{2}$ c. raisins
1 c. sugar	

Icing:

1 (3 oz.) pkg. cream cheese	$\frac{1}{2}$ tsp. vanilla
1 1/2 c. confectioners sugar	

Add melted butter to soup. Add sugar, then all dry ingredients, sifted together. Bake in loaf pan at 325° about 45 minutes. For icing, blend all ingredients and spread on cooled cake.

Mary Hahn

You are the salt of the earth. Matthew 5:13.

TROPICAL DREAM CAKE

2 c. sugar	1 c. oil
3 eggs	1 (8 oz.) can crushed pineapple
1 1/2 tsp. vanilla	2 c. all-purpose flour
1 c. whole wheat flour	1 tsp. salt
1 tsp. baking soda	1 tsp. baking powder
1 tsp. ground cinnamon	2 c. finely diced bananas

In large mixer bowl beat sugar and oil. Add eggs, one at a time, beating well after each addition. Blend in *undrained* pineapple and vanilla. Stir together flours, salt, baking soda, baking powder, and cinnamon. Blend into the pineapple mixture. Stir in bananas. Turn into a greased 10 inch fluted tube pan. Bake in a 350° oven for 60 to 70 minutes or till wooden pick inserted off center comes out clean. Cool in pan for 10 minutes.

Cheryl Schmitke

TURTLE CAKE

1 German (or any) chocolate cake mix	1/2 c. evaporated milk
14 oz. pkg. caramels	1 c. chocolate chips
1 stick butter	1 c. pecans

Mix cake according to directions. Pour 1/2 of the batter into a greased 13x9 inch pan and bake for 15 minutes in a 350° oven. In a double boiler, melt caramels, butter, and milk. Pour over baked cake. Top with chocolate chips and pecans. Add remaining butter and bake for 20 minutes longer.

Maria Anne Proctor

RASPBERRY-CREAM CHEESE COFFEE CAKE

1 (3 oz.) pkg. cream cheese	1 c. 10X sugar
4 Tbsp. butter or oleo	1 to 2 Tbsp. milk
2 c. pkg. biscuit mix	1/2 tsp. vanilla
1/3 c. milk	
1/2 c. raspberry preserves or strawberry	

Cut cream cheese and butter into biscuit mix till crumbly. Blend in the 1/3 cup milk. Turn onto floured surface; knead 8 to 10 strokes. On waxed paper, roll dough to 12x8 inch rectangle. Turn onto greased baking sheet. Spread preserves down center of dough. Make 2 1/2 inch cuts at 1 inch intervals on long sides. Fold strips over filling. Bake at 425° for 12 to 15 minutes. Combine 10X sugar, remaining milk and vanilla and drizzle on top.

Jenny Green

LEMON SCHAUM TORTE (ANGEL PIE)

4 egg whites (1/2 to 2/3 c.)
1 c. sugar

1/4 tsp. cream of tartar

Heat oven to 275° (slow). Beat egg whites and cream of tartar until frothy. Gradually beat in sugar a little at a time. Beat until very stiff and glossy; spread on heavy brown paper on baking dish or put into a 10 inch pie tin, greased. Bake 60 minutes. Turn off oven and leave in until cool. Fill with Lemon Torte filling.

Lemon Torte Filling: Beat 4 egg yolks in small mixer bowl until thick and lemon colored. Gradually beat in 1/2 cup sugar. Blend in 1/4 cup lemon juice and 2 tablespoons grated lemon rind. Cook over hot water, stirring constantly, until thick, 5 to 8 minutes. Cool.

Whip 1 cup of whipped cream and blend into the lemon mixture spread over cooled meringue shell. Top with 1 cup sweetened whip cream, stiffly whipped. Chill about 12 hours before serving.

Lorraine Cooke

CHERRY TORTE

1 1/4 c. sugar
1 c. flour
1 tsp. baking soda
1 tsp. cinnamon
1 pinch of salt

1/2 c. chopped nuts
1 (No. 2) can sour cherries,
drained (20 oz.)
1 Tbsp. melted butter
1 egg, well beaten

Mix dry ingredients; add the rest. Bake in spring form pan or 8x8 inch baking dish for 45 minutes at 350°.

Sauce:

1 c. cherry juice
1 Tbsp. melted butter
1 Tbsp. corn starch

1/2 c. sugar
1/4 tsp. salt

Cook until thick. Pour over individual serving pieces and top with ice cream. Serves 6 to 8.

Ruth Conrad

For apart from Him who can eat or who can have enjoyment? Ecclesiastes 2:25.

CHOCOLATE ECLAIR CAKE

1 box graham crackers	3 Tbsp. butter or margarine
Instant French vanilla pudding mix	2 tsp. white corn syrup
3 c. plus 3 Tbsp. cold milk, divided	2 tsp. vanilla
1 (8 oz.) container Cool Whip	1 1/2 c. confectioners sugar
3 sq. unsweetened chocolate, melted	

Butter baking pan or 9x13 inch glass baking dish. Line with whole crackers. Combine pudding and $\frac{2}{3}$ cup cold milk; beat 2 minutes on medium speed. Gently fold in Cool Whip. Pour $\frac{1}{2}$ into crackers; spread evenly. Top with another layer of graham crackers and spread with remaining pudding. Top with third layer of crackers; set aside. Combine melted chocolate with butter, corn syrup, vanilla, and remaining 3 tablespoons milk. Stir in confectioners sugar and beat until mixture is smooth. Spread over top layer of crackers. Cover with plastic wrap; refrigerate overnight or 24 hours.

Kris Cook

PINEAPPLE DESSERT

24 graham cracker sq., crushed	1 small can drained crushed pineapple
5 Tbsp. butter	1 c. finely chopped nuts
1 c. hot milk	
1 lb. large marshmallows	
1 pt. whipping cream (I use a 10 oz. container of Cool Whip)	

Mix cracker crumbs and butter; put $\frac{1}{2}$ in bottom of a 10x8 inch pan. Put marshmallows into hot milk and stir until melted. Let cool. Whip cream and add to milk mixture. Add pineapple and nuts; put in graham cracker crust. Top with remaining crumbs. Make at least 6 hours before serving.

Eleanor Lamb

Except the Lord build the house, they labour in vain that build it; except the Lord keep the city, the watchman waketh but in vain. Psalm 127:1.

RASPBERRY RIBBON TORTE

Prepare each part early. Assemble 2 hours before serving.

Pastry:

2 c. flour	1/4 tsp. salt
1 c. margarine	4 to 6 Tbsp. water
Sugar	

Combine flour and salt. Cut in shortening to pea size. Add water, a little at a time, tossing with a fork. Form into ball. Divide into 6 equal portions. Roll out each portion on floured surface to a 9 inch circle. Trim to even edges. Transfer to baking sheet. Prick generously; sprinkle with sugar. Bake at 450° for 5 to 7 minutes. Remove from sheet. Cool thoroughly.

Vanilla Filling:

1 pkg. instant vanilla mix	1 1/2 c. milk
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Prepare as directed. Chill thoroughly.

Raspberry Filling:

2 Tbsp. cornstarch	1/4 c. water
1 (10 oz.) pkg. frozen raspberries, thawed and drained	

In saucepan, combine cornstarch and water. Add berries with syrup. Cook until thick. Cool.

Topping:

1 c. whipping cream	1/3 c. sugar
1/4 tsp. almond extract	

Combine and whip. Chill.

To assemble carefully stack layers, spreading vanilla and raspberry fillings alternately between pastries, ending with raspberry layer on top. Spread topping on sides and around top edge of torte. Serve within 2 hours.

Barbara Brown

STRAWBERRY ECLAIR CAKE

24 (5 x 2½ inch) whole graham crackers	12 oz. container Cool Whip or real whipped cream
2½ c. milk	2 c. sliced fresh strawberries (or 2 (10 oz.) pkg. frozen strawberries, thawed)
2 (3 oz.) pkg. French vanilla instant pudding	

Line bottom of ungreased 9x13 inch pan with whole graham crackers (about 8). Mix milk and pudding mixture for 2½ minutes. Blend in Cool Whip or whipped cream. Spread 1/3 of mixture on graham crackers. Add second layer of crackers and top with 1/3 of pudding mixture. Add third layer of crackers. Spread rest of pudding mixture on crackers. Refrigerate at least 2 hours before serving. Cut into squares; put on plates and top with strawberries. Makes 12 servings.

Janet Kakkuri

BUTTER CRUST

½ c. butter	2 Tbsp. sugar
1 c. flour (do not cream)	

Mix just until a dough will form (with mixer use lowest speed). Press mixture evenly over bottom and sides of a 9 inch pie pan with well floured fingers. Bake at 375° until light, golden brown for 12 to 15 minutes. Cool. Fill.

Ethel Uzelac

MOCK APPLE PIE

Bring to a boil:

1 c. sugar	2 c. water
2 tsp. cream tartar	

Add 20 Ritz crackers. Guide crackers and boil 2 minutes. Pour into unbaked pie crust; sprinkle with cinnamon and dot with butter. Put on a lattice top crust and sprinkle with sugar. Bake 20 to 25 minutes at 350°.

Jenny Green

APRICOT PIE

2 c. halved apricots	1 c. sugar
2 Tbsp. tapioca	

Mix and let set while you make crust. Fill crust with apricots and put on top crust. Bake at 425° for 10 minutes; reduce heat to 350°. Continue to bake for 35 minutes.

Jenny Green

BUTTERMILK PIE - RICH

1/2 c. butter	3 eggs, beaten
2 c. sugar	1 c. buttermilk
3 rounded Tbsp. flour	1 tsp. vanilla

Have butter soft. Mix flour and sugar together and add to butter; blend well. Add eggs and beat thoroughly. Stir in buttermilk and flavoring. Pour into large unbaked crust and bake 45 to 50 minutes at 350°. Do not fill crust to top as it will run over as it bakes. This makes a 10 inch pie.

Myrtle White

BUTTERSCOTCH PIE

1 c. brown sugar	1 Tbsp. butter
4 Tbsp. milk	

Combine and cook to a caramel. Mix 1 egg yolk, 1 cup milk and 1 1/2 tablespoons flour or corn starch. Add this to first part and cook until thick. Pour into baked pie shell. Use egg white or whipped cream for topping.

Eleanor Lamb

CHERRY CHEESE PIE

1 (9 inch) graham cracker crumb crust	1/3 c. ReaLemon lemon juice from concentrate
1 (8 oz.) pkg. cream cheese, softened	1 tsp. vanilla extract
1 (14 oz.) can sweetened condensed milk	1 (21 oz.) can cherry pie filling, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in milk until smooth. Stir in ReaLemon and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.

Crystal L. Gallagher

CITRUS CHIFFON PIE

1 env. unflavored gelatin (1 Tbsp.)	1/4 c. water
1/2 c. sugar	1/2 tsp. grated orange peel
Dash of salt	1/4 tsp. grated lemon peel
4 egg yolks	4 egg whites
1/2 c. orange juice	1/3 c. sugar
1/3 c. lemon juice	1 (9 inch) baked pastry shell

In saucepan, thoroughly mix gelatin. The 1/2 cup sugar and the salt. Beat together egg yolks, orange juice, lemon juice, and water; stir into gelatin mixture. Cook and stir over medium heat just till mixture comes to boiling. Remove from heat; stir in orange and lemon peel. Chill, stirring occasionally, till mixture mounds slightly when spooned. Beat egg whites till soft peaks form. Gradually add the 1/3 cup sugar, beating to stiff peaks; fold in gelatin mixture. Pile into cooled, baked pastry shell. Chill till firm. Trim with dollops of whipped dessert topping mix and a sprinkle of shredded orange peel.

Tangie Southern

CHOCOLATE ICE CREAM PIE

1/2 pkg. chocolate wafers, crushed fine	2 Tbsp. melted butter or margarine
--	---------------------------------------

Mix well and line bottom and sides of 9 inch pie pan. Bake at 350° for 8 minutes. Cool. (You may find a ready prepared chocolate crust or graham cracker crust will do.) Fill with 1/2 package (1/2 gallon size) vanilla ice cream, softened slightly and 1 package Whip and Chill (vanilla) prepared as directed. Fold above 2 ingredients together and place in cooled shell. Place in coldest part of freezer immediately. When ready to serve, cut and place on pie plate. Cover with chocolate sauce and dab of whipped cream and chopped nuts.

Chocolate Sauce:

3/4 c. evaporated milk	1 c. sugar
1 Tbsp. butter	3 Tbsp. cocoa
1 tsp. vanilla	

Mix sugar and cocoa together in pan and place on medium heat stirring constantly until warm to touch. Add milk, butter and vanilla. Bring to good boil. Stir constantly; boil 1 minute and remove. Cool.

Myrtle White

AUNT LEE'S COCONUT CHESS PIE

1 stick oleo, melted	1 tsp. vanilla
1 1/2 c. sugar	1 can coconut or 1 1/2 c. loosely
4 eggs	packed (I use flake coconut)
1 Tsp. white vinegar	

Beat eggs slightly and mix remaining ingredients. Pour into an 8 inch pie shell. Bake at 350° till done or till knife comes out clean.

Lorraine Cooke

EGGNOG PIE

1 (9 inch) pie crust (unbaked)	2 c. prepared eggnog
4 eggs	1/2 tsp. salt
1/2 c. brown sugar, firmly packed	Cinnamon

Preheat oven to 425°. Beat eggs with rotary beater until thoroughly blended. Add sugar, salt and eggnog and mix well. Pour into pie shell and dust top with cinnamon. Bake for 15 minutes. Reduce heat to 350° and bake about 45 minutes longer or until inserted knife comes out clean. Serve warm or cold.

Helen Glenn

KEY LIME PIE

1 c. condensed milk	6 Tbsp. lemon juice
3 Tbsp. lime juice	2 pkg. Dream Whip, mixed as on
1 pie crust, baked	pkg.

Mix Dream Whip and set aside. Blend juice with condensed milk and add drop of green coloring. Fold in prepared Dream Whip. Pour into shell and set at least 1 hour before adding second Dream Whip for topping. Best if prepared ahead.

Ethel Uzelac

PEANUT BUTTER PIE

9 or 10 inch pie	1 1/2 c. boiling water
1 1/2 c. milk	3/4 c. granulated sugar
1/3 c. flour	1/3 tsp. salt
4 eggs	3/4 c. smooth peanut butter

Heat milk in a heavy pan until bubbles form around edge. In large bowl whisk peanut butter and boiling water. Mix flour, sugar, salt, and eggs together. Add milk slowly. Add peanut butter mixture. Cook over low heat stirring constantly till thickened. When cool, put in pie shell and serve chilled, topped with sweetened whipped cream.

Lorraine Cooke

MISSISSIPPI PECAN PIE

3 eggs, beaten	1/2 c. sugar
1/4 tsp. salt	1 c. dark corn syrup
1 tsp. vanilla	1/4 c. melted butter or margarine
1 c. coarsely broken pecan meats	

Mix eggs, sugar, syrup, salt, vanilla, and butter. Spread pecans in the bottom of an unbaked 9 inch pie shell. Pour in egg mixture. Bake at 350° for 50 to 60 minutes, until filling is firm. Nuts will rise to the top of pie filling and form a crusty layer.

Marie Harned

QUICK PUMPKIN PIE

1/4 c. plus 2 Tbsp. margarine	1 c. half & half
3/4 c. chopped walnuts	3 eggs, slightly beaten
3/4 c. quick cooking oats	1 tsp. ground cinnamon
3/4 c. graham cracker crumbs	1/2 tsp. ground ginger
1/4 c. sugar	1/4 tsp. salt
2 c. cooked mashed pumpkin	Sweetened whipped cream
3/4 c. firmly packed brown sugar	(optional)

Place butter in a 9 inch pie plate. Microwave at HIGH for 1 to 1 1/2 minutes or until butter melts. Stir in walnuts and next 3 ingredients, mixing well. Press mixture evenly over bottoms and sides of pie plate. Microwave at HIGH for 1 to 2 minutes. Combine pumpkin and next 7 ingredients in 4 quart bowl, mixing well. Microwave at HIGH 6 to 8 minutes, until thickened, stirring every 2 minutes. Pour mixture into crust; micro at MEDIUM until set, a quarter turn every 5 minutes. Serve with whipped cream if desired.

June Helfrich

PUMPKIN-PECAN PIE

Pastry:

2 c. flour	1/4 c. finely chopped pecans
1 tsp. salt	4 to 5 Tbsp. water
3/4 c. plus 2 Tbsp. shortening	

Mix ordinary pie crust method.

Filling:

1 (30 oz.) can pumpkin pie filling (Libby's)	1 egg
	1 can Eagle Brand milk

Blend and put into unbaked pie crust.

Topping:

1/2 c. brown sugar	1/4 c. flour
1/4 c. chopped pecans	1/4 c. firm butter
1/2 tsp. cinnamon	

Mix together and put over top. Bake at 375° for 50 to 55 minutes.

Lorraine Cooke

PUMPKIN CHIFFON PIE

1/4 c. cold water
1/2 c. milk
1 c. sugar
3 eggs, separated
1 Tbsp. gelatin (1 pkg.)

1 1/4 c. canned pumpkin
1/2 tsp. ginger, nutmeg, cinnamon
and salt or 1 Tbsp. pumpkin
pie spice

To egg yolks add 1/2 cup sugar, all of pumpkin, milk, salt, and spices. Cook until thick in double boiler. Dissolve gelatin in cold water and add to pumpkin and cool. When it starts to thicken, add remaining 1/2 cup sugar gradually to egg whites (stiffly beaten) and put in baked pie shell. Place in refrigerator until ready to serve.

Beulah Tice

STRAWBERRY ICE CREAM PIE

1 baked pie shell or graham
cracker crust
1 pt. frozen strawberries, thawed

1 pt. strawberry ice cream
1 pkg. strawberry jello

Dissolve jello in 1 cup boiling water. Stir in ice cream and mix till melted. Add strawberries. Chill until set, 3 or 4 hours. Serve with whipped cream or Cool Whip.

Jenny Green

GRANNY'S RAISIN CHESS PIE

1 c. seedless raisins
2/3 stick butter, melted
1 c. sugar
1 Tbsp. flour

3 eggs, lightly beaten
1 tsp. vinegar
1 tsp. vanilla
1 uncooked pie shell

Boil raisins in small amount of water to plump. Drain; set aside. Mix sugar, flour and melted butter. Add eggs, vinegar and vanilla. Spread raisins on crust. Add egg mixture. Bake at 325° for 40 to 45 minutes.

Elizabeth Peach

But ye should say, Why persecute we him, seeing the root of the matter is found in me? Job 19:28.

AUNT LEE'S RIBBON PIE (RASPBERRY)

1 (3 oz.) box jello (raspberry)
1 1/4 c. sugar
1 1/4 c. boiling water

1 (10 oz.) pkg. frozen raspberries
1 Tbsp. lemon juice

White Layer:

1 (3 oz.) cream cheese, softened
1/3 c. 10X sugar
1 c. cream, whipped

1 tsp. vanilla
Dash of salt

Jello Layer: Dissolve sugar and jello in warm water. Add frozen berries and lemon juice. Stir until all berries are thawed and chill until partly set.

White Layer: Blend cheese, sugar, vanilla, and salt. Fold in whipping cream. Spread part of white in a baked pie shell (9 inches). Cover with 1/2 for red layer and repeat layers. Make 3 white layers and 2 red layers. Chill until set.

If I don't have enough white for 3 layers, I top the last red layer with sweetened whipped cream.

Lorraine Cook

BETTY'S BUSTER BAR DESSERT

2 c. powdered sugar
1 1/2 c. evaporated milk
1 tsp. vanilla
2/3 c. chocolate chips
1/2 c. butter

1/2 gal. softened vanilla ice cream
1 lb. Oreo cookies, crushed
1/2 c. butter, melted
1 1/2 c. Spanish peanuts

Mix powdered sugar, milk, chocolate chips, and butter. Boil 8 minutes, stirring constantly. Remove from heat. Add vanilla. Cool. Mix cookies and melted butter. Spread in a 9x13 inch pan. Set in refrigerator till firm. Spread peanuts over cookie layer. Spread ice cream over cookie peanut layer. Put in freezer till firm. Cover with chocolate mixture and return to freezer.

Nancy Carpenter

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles, they shall run, and not be weary; and they shall walk and not faint. Isaiah 40:31.

CHOCOLATE DESSERT

1/4 lb. butter, melted	2 c. Cool Whip
1 c. flour	2 pkg. instant chocolate pudding
1/2 c. chopped nuts (pecans)	2 1/2 c. milk
1 (8 oz.) pkg. cream cheese	2 tsp. vanilla
1 c. powdered sugar	

Mix butter, flour and nuts. Press into ungreased 9x13 inch pan. Bake at 350° for 20 to 25 minutes. Cool.

Mix well the cream cheese and 1 cup powdered sugar. Add 1 cup Cool Whip. Spread over crust.

Beat till thick and spread over cream cheese:

2 pkg. instant chocolate pudding	2 tsp. vanilla
2 1/2 c. milk	

Top with 1 cup Cool Whip.

RoseMarie Boesler

ICE CREAM DESSERT

2 c. flour	2 qt. chocolate chip ice cream
1/2 c. oatmeal	1 (16 oz.) can Hershey's chocolate
1/2 c. brown sugar	fudge sauce
1 c. butter, melted	Whipped cream
1 c. pecans, chopped	Cherries

Mix flour, oatmeal, brown sugar, butter, and pecans together. Put mixture on a cookie sheet and bake at 350° for 20 minutes, or until dry and crumbly. Watch carefully so it does not burn. Place 1/2 of this mixture on the bottom of a 9x13 inch pan. Spread softened ice cream on top of crumbs. Put in freezer until hard. Spread fudge sauce on top of ice cream. Top with other half of crumbs. Freeze and serve anytime. Top with a dollop of whipped cream and a cherry. Caramel sauce can be substituted. You can even try different flavors of ice cream.

Great to do several days before having company and have one part of your meal already prepared!

Kathy Barr

FROZEN SHERBET DESSERT

18 coconut macaroons (I make my own)	1 c. walnuts
1 pt. whipping cream	3 pt. rainbow sherbet (or use a combination of favorite flavors)
1 tsp. vanilla	
3 Tbsp. powdered sugar	

Crush cookies. Add sugar and cut up walnuts. Beat cream till thick. Add vanilla. Put 1/2 of mixture on bottom of 9x13 inch pan. Put spoonfuls of sherbet on top of coconut layer. Put remaining cookie mixture on top. Freeze.

Nancy Carpenter

BUTTERFLY SHORTCAKE

2 c. sifted flour
4 tsp. baking powder
3/4 tsp. salt
1/3 c. sugar
Whipped cream

1/2 c. heavy cream
1/4 c. water
1/2 c. shortening
Strawberries

Mix and sift flour, baking powder, salt, and sugar. Mix cream and water. Cut shortening into flour, then stir in liquid quickly. Drop dough in large spoonfuls onto an ungreased cookie sheet about 2 inches apart. Bake at 450° for 15 minutes.

Nancy Carpenter

CHEESE ICEBOX WAFERS

1/2 lb. sharp Cheddar cheese
1/4 tsp. (scant) cayenne pepper
(red)

1/4 lb. butter
1/2 tsp. salt
1 1/2 c. sifted flour

Cream softened cheese, butter, salt, and pepper together. Work in flour. Make into roll; wrap in waxed paper and place in refrigerator for an hour or so. When needed, slice into thin wafers; place 1/2 pecan on each wafer and bake on cookie sheet 10 to 15 minutes in a 350° oven. (Pecan may be omitted.) *These crackers keep well.*

Myrtle White

DUTCH BABIES

3 eggs
1/2 c. flour
1/2 c. milk

1/2 tsp. salt
2 Tbsp. melted butter

Preheat oven to 400°. Beat eggs well. Add flour and beat until smooth. Add milk and salt and beat slightly. Blend in melted butter. Butter two 9 inch pie tins thoroughly. Pour batter evenly in the 2 pie tins. Bake at 400° for 10 minutes. Reduce temperature to 350° for 5 minutes. Serve with butter and syrup or fruit.

Britt Carpenter

PISTACHIO FLUFF

1 large can pineapple with juice
2 small Jell-O pistachio pudding
and pie filling

8 oz. Cool Whip

Mix pineapple and juice into the two pudding mixes. Add Cool Whip and blend thoroughly; chill. May add miniature marshmallows. Use as a salad or dessert.

Jenny Green

SOUR CREAM BAVARIAN

1 env. unflavored gelatin
3/4 c. boiling water

1 tsp. vanilla

Fruit Sauce:

2/3 c. sugar
1 c. sour cream

2 c. Cool Whip

Combine gelatin and sugar. Add boiling water and stir until dissolved. Blend in sour cream and vanilla. Chill until slightly thickened. Blend in Cool Whip. Pour into buttered 9 ounce Cool Whip container or other mold. Chill until firm, about 3 hours. Unmold. Serve with sauce.

Fruit Sauce: Drain 1 (10 ounce) package frozen red raspberries, thawed, measuring syrup. Add water to make 3/4 cup; blend in 1 tablespoon each sugar and cornstarch. Cook and stir over medium heat until mixture is thickened and clear. Add fruit. Chill. Makes 1 1/2 cups. Recipe serves 6 to 8.

Nancy Carpenter

MINI BLINTZES

2 (8 oz.) pkg. cream cheese,
softened
1/2 c. sugar
1 c. butter, melted

2 (1 lb.) loaves white bread, crusts
trimmed
2 egg yolks
Cinnamon

Combine cream cheese, sugar and yolks in mixing bowl and beat until smooth. Flatten each slice of bread with a rolling pin and spread with some of the cream cheese mixture. Roll jelly roll fashion and dip in melted butter. Sprinkle with sugar and cinnamon to taste after frying in pan over medium heat just till browned lightly.

Cheryl Schmitke

And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2.

CREPES (CHEESE FILLED)

These are versatile. I serve them as a meat accompaniment usually, but have also served them garnished with either fruit or sour cream for dessert or breakfast.

Crepe: Combine $\frac{3}{4}$ cup flour and $\frac{3}{4}$ cup milk. Beat in 2 whole eggs and $\frac{1}{2}$ teaspoon salt. In 6 inch heavy skillet, melt 2 tablespoons oleo to sizzling. Pour in 1 spoon of batter; turn pan to coat bottom. As edges dry, carefully turn. Remove as soon as crepe quits moving. Rebutter pan between each crepe. Set aside to cool. Prepare filling.

Filling:

3 Tbsp. sugar
2 eggs

1 pkg. Farmers dry cheese
1 tsp. nutmeg

Combine above ingredients. Roll crepes using approximately 2 tablespoons of filling in each. Butter casserole dish and place crepes in it. Just before serving, bake in oven until thoroughly heated through, about 30 minutes, at 325° . This dish can easily be made a day ahead.

Phyllis Proctor

CREAM PUFF RING

Ring:

1 c. water
 $\frac{1}{2}$ c. butter or margarine
 $\frac{1}{4}$ tsp. salt

1 c. flour
4 eggs

About 3 hours before serving:

1. In 2 quart saucepan over medium heat, heat water, butter and salt until butter melts and mixture boils. Remove pan from heat. With wooden spoon, vigorously stir in flour all at once until mixture forms a ball and leaves side of pan.

2. Add eggs to flour mixture, one at a time, beating after each addition, until mixture is smooth and satiny. Cool mixture slightly.

3. Preheat oven to 400° . Lightly grease and flour large cookie sheet. Using a 7 inch plate as a guide, trace a circle in flour on cookie sheet. Drop batter by heaping tablespoons into ten mounds, inside circle to form a ring.

4. Bake ring 40 minutes or until golden. Turn off oven; let ring remain in oven 15 minutes. Remove ring from oven; cool on wire rack.

5. When ring is cool, with long serrated knife, slice horizontally in half. Prepare cream filling; spoon into bottom of ring. Replace top of ring. Refrigerate.

Cream Filling: Prepare 1 small package vanilla flavor instant pudding and pie filling as label directs, but use only $1\frac{1}{4}$ cups milk. Fold in 1 cup heavy or whipping cream, whipped, and 1 teaspoon vanilla extract. Sprinkle top of cream puff ring with powdered sugar before serving.

Carolyn Wood

CREAM PUFFS

1/2 c. shortening
1/8 tsp. salt
1 c. boiling water

1 c. flour
4 eggs (unbeaten)

Add shortening and salt to boiling water. Reduce heat; add flour all at once and remove from heat. Add one egg at a time. Beat after each. Continue beating until mixture is thick and breaks off the spoon. Drop by tablespoons on ungreased cookie sheet. Bake at 450° for 20 minutes. Reduce to 350° for another 20 minutes. Cool. Make split across middle and sprinkle with powdered sugar. Fill with vanilla pudding or ice cream and top with chocolate sauce. Makes 8.

Jenny Green

COMPANY DESSERT

1 yellow cake mix
1 large pkg. cream cheese
1 small box instant pudding
(vanilla)
1 large can crushed pineapple

2 pkg. Dream Whip (or Cool
Whip)
2 c. milk
Chopped nuts

Prepare cake mix. Bake in large pan until done. Cool.

Soften the cream cheese with 2 cups regular milk and add instant pudding. Mix well until thick, then spread over cake. Spoon on the filling as even as possible. Prepare Dream Whip and spread over the filling. Sprinkle with chopped nuts and chill.

Filling: Put pineapple in a saucepan and thicken with cornstarch - let cool. Before placing it on the pudding, layer (1) cake, (2) pudding and cream cheese mixture, (3) pineapple filling, (4) Dream Whip (or Cool Whip), and (5) nuts.

Vonda Snell

GRAPEFRUIT DESSERT

Cut grapefruits in halves. Scoop out the pulp; cut it into chunks. Add drained pineapple tidbits, black grapes cut in halves and seeded and walnut pieces. Mix and add a little sugar if desired and heap back into grapefruit shells. Chill and top with a half of grape or cherry.

Marianna Cowie

FLORIDA DESSERT

1 (29 oz.) can sliced peaches
1 box pecan and date cake mix
1/2 c. melted oleo

1 c. shredded coconut
1 c. chopped pecans

Butter a 13x9 inch pan. Put 1 layer of sliced peaches in pan (drained slightly). Sprinkle on cake mix. Pour 1/2 cup oleo over then sprinkle 1 cup coconut over the top. Sprinkle 1 cup chopped pecans on top. Bake at 325° for 25 minutes then 350° for 35 minutes. Serve with ice cream or Cool Whip.

Dina Stewart

BAKED FRUIT

1 can (large) peach halves	3/4 c. brown sugar, packed
1 (No. 2) can pineapple	1 tsp. curry powder
1 can (large) pear halves	1 can (large) apricot halves
Maraschino cherries (for color) or	(optional)
1 can cherry pie filling	1 c. cooked prunes (optional)
1/3 c. butter or margarine	

Day before serving, drain fruit. Arrange in a 1 1/2 quart dish. Melt butter. Add brown sugar and curry. Spoon over fruit. Bake at 350° for 1 hour. Refrigerate when cooled. The next day before serving, bake at 350° for 30 minutes.

Marie Harned

FRUIT SQUARES

In a 10x15 inch jelly roll pan, melt 1 stick butter or margarine. Sprinkle 1 1/2 cups graham cracker crumbs over butter.

Mix:

1 c. flaked coconut	3 c. chopped candied fruit (1 lb.)
1 c. chopped nuts	

Sprinkle over crumbs and press. Pour 16 ounces sweetened condensed milk on top. Bake 30 minutes at 350°. Cut in squares.

Martha Berger

FRUIT CREME DESSERT

1 (6 oz.) pkg. peach jello	1 1/3 c. drained cocktail fruit or any
2 c. boiling water	sliced fruit
1 qt. vanilla ice cream	

Dissolve jello in boiling water. Add ice cream, a spoon at a time. Stir until melted. Add fruit, drained. Chill 30 minutes.

Vella Howard

CHOCOLATE CRUNCH SAUCE

2 1/2 oz. unsweetened chocolate	1/2 tsp. vanilla
1/2 c. milk	3/4 c. crunchy style peanut butter
3/4 c. light brown sugar	

In double boiler melt chocolate; add milk and sugar. Stir until smooth. Place pan over heat until bubbly. Remove from heat. Stir in vanilla. Cool slightly; add peanut butter. Serve warm over ice cream. Makes 2 cups.

Sherrie Cooke

ALL-NIGHT DROP COOKIES

1 egg white
1/8 tsp. salt
1/3 c. sugar

1/2 c. chopped walnuts
1/2 c. mini-chocolate chips

Heat oven to 350°. Beat egg white and salt until soft peaks form. Beat in sugar, 1 tablespoon at a time, until stiff and glossy. Stir in nuts and chocolate chips. Drop mixture by teaspoon onto foil lined cookie sheets. Place in oven. Close door. Turn off oven. Do not open door. Leave in oven at least overnight. Makes 2 1/2 dozen.

Perfect for when your child tells you at bedtime "I need to bring a snack to school tomorrow!"

Sherrie Cooke

ANISE DROPS

2 eggs
1 c. sugar
1/4 tsp. salt

1 tsp. vanilla or grated lemon rind
2 c. sifted flour
1 1/2 Tbsp. crushed anise seed

Beat eggs until thick and lemon colored (20 to 30 minutes). Gradually add sugar, continuing to beat until very, very thick. Fold in flavoring. Fold in sifted flour gradually, then add anise seed. Drop onto lightly greased cookie sheets. Let stand until hard crusts form on top, about 12 hours or overnight. Bake at 350° about 10 minutes. Tops puff up to resemble icing during baking. Store in tightly covered container. Makes 3 dozen.

Pearl Janke

APRICOT-PEACH DELIGHTS

1 1/4 c. sifted flour
1/2 tsp. salt
Sugar
1 tsp. baking powder
1/2 c. butter
1 egg yolk

2 Tbsp. brandy or milk
3/4 c. thick apricot or peach jam
2 eggs
2 tsp. vanilla
6 Tbsp. melted butter
2 c. flaked coconut

Sift flour with salt, 1 teaspoon sugar and baking powder. Blend in butter. Add egg yolk and brandy. Pat into buttered 11x7x2 inch pan. Spread with jam (I use more than the recipe calls for). Beat eggs until thick and lemon colored. Beat in 1 1/2 cups sugar, vanilla and melted butter. Add coconut. Spoon over jam. Bake in moderate oven (325°) for 40 to 45 minutes. Cool. Cut into small squares. Yummy and super-rich!

Cheryl Schmitke

BROWNIES

1/3 c. shortening	1 1/2 sq. unsweetened chocolate (1 1/2 oz.)
2 eggs	1 c. sugar
1/2 tsp. baking powder	1/4 tsp. salt
1/2 c. sifted flour	
1 c. nuts	

Melt shortening and chocolate in a 8x8x2 inch pan (on top of stove). Add remaining ingredients and beat well in same pan. Bake at 325° for 30 minutes. Cut in squares and dust with confectioners sugar.

Pat Simmons

BUTTER PECAN TURTLE COOKIES

Crust:

1 c. flour	1 c. packed brown sugar
1 c. butter, softened	

Caramel layer:

2/3 c. butter	1 c. whole pecan halves
1/2 c. brown sugar	1 c. chocolate chips

Mix crust together and pat into ungreased 13x9 inch pan. Sprinkle pecans over unbaked crust. Mix together caramel layer. Cook over medium heat until boiling. Boil 1/2 to 1 minute. Pour over crust. Bake in center of oven at 350° for 18 to 22 minutes. Remove from oven; sprinkle with chips. Allow chips to melt 2 to 3 minutes. Swirl slightly. Cool and slice into bars.

Cheryl Schmitke

O'HENRY BARS

2/3 c. butter	4 c. quick-cooking oats
1 c. brown sugar	1/2 c. corn syrup
1 (6 oz.) pkg. chocolate chips	3 tsp. vanilla
2/3 c. peanut butter	

Cream butter and sugar. Stir in corn syrup, vanilla and oats. Spread in greased 13x9 inch pan. Bake at 350° for 15 minutes. Cool. Melt chocolate chips and peanut butter over low heat; spread over oatmeal mixture. Makes 20 (2 inch) bars.

Sherrie Cooke

CANDY CANE BREAD

2 c. flour
1/4 c. packed brown sugar
2 tsp. baking powder
1/2 c. margarine

Icing:

2 c. powdered sugar
Enough milk to achieve drizzling consistency

1/4 c. chopped pecans
1 beaten egg
1/2 c. milk
1/2 tsp. salt

Pressurized red and green
decorator icing
Red cinnamon candies

Stir together dry ingredients and 1/2 teaspoon salt. Cut in margarine till mixture resembles coarse crumbs. Add nuts. Mix egg and milk; add to dry mixture. Stir till moistened on lightly floured surface. Pat dough to 10x7 inch rectangle, 1/2 inch thick. Cut crosswise into 1 inch strips. Twist each strip; bend end around to form cane. Place several inches apart on greased baking sheet. Bake in a 425° oven for 10 minutes. Transfer to rack; cool. Coat canes with powdered sugar icing. Decorate with pressurized icing and candies. Makes 10 canes.

Tangie Southern

CARAMEL BARS

1 1/2 c. flour
1 1/4 c. brown sugar
1/4 tsp. salt
1 1/2 c. oatmeal
3/4 tsp. baking soda

1 1/4 c. melted margarine
1 pkg. Kraft caramels
1 1/2 c. chocolate chips
6 Tbsp. half & half

1. Melt caramels and cream in double boiler.
2. Mix flour, brown sugar, salt, oatmeal, baking soda, and margarine together. Press into a 9x13 inch pan. (Reserve 2/3 cup of mixture for topping.) Bake 10 minutes at 350°.
3. Sprinkle chocolate chips over baked crust. Pour caramel mixture over chips.
4. Sprinkle reserved topping over all. Bake 20 minutes longer.
5. Cool and cut into small squares.

But we glory in tribulations also; knowing that tribulation worketh patience; and patience, experience; and experience, hope. Romans 5:3,4.

CARAMEL NUT BARS

Caramel Filling:

1 (14 to 16 oz.) pkg. caramels
1/4 c. butter (1/2 stick)
1/4 c. half & half cream

2 c. powdered sugar
3/4 c. chopped walnuts

Chocolate Coating:

1 (6 oz.) pkg. chocolate chips
2 Tbsp. vegetable shortening
(Crisco)

Melt chocolate chips and shortening over hot water, stirring until smooth. Use as directed in recipe.

Melt caramels and butter with half & half in 2 quart heavy saucepan over low heat. Stir occasionally. When completely melted, stir in sugar. Remove from heat and add nuts. Cool to lukewarm.

Place sheet of waxed paper on cookie sheet; mark off with pencil a 8 inch square. Spread half of chocolate coating over 8 inch square. Place in fridge a few minutes until chocolate is firm. Remove. Spread filling over coating carefully. Smooth top and side of filling. Spread remaining half of chocolate coating over filling and place in fridge. Cut into 1 x 2 1/2 inch candy bars and wrap individually in plastic or foil.

Judy Jones

CHOCOLATE CHINESE NOODLE COOKIES

6 oz. butterscotch chips
6 oz. Chinese noodles
1/4 c. peanut butter (may be
crunchy)

3 oz. chocolate chips

Melt chips and peanut butter. Stir in noodles. Drop onto wax paper. Refrigerate until cooled.

Katie Flora

CHOCOLATE CHIP COOKIES

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
2 c. flour

1 tsp. soda
1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. vanilla
2 c. rolled oats

Mix above ingredients together; add 8 ounces chocolate chips and 1 cup nuts. Bake at 350° for 8 to 10 minutes.

Dorothy Lehman

COCONUT COOKIES

1 c. sugar (white)	1 small tsp. soda
1 c. brown sugar	1 tsp. baking powder
1 c. shortening	1/2 tsp. salt
2 c. flour	1 c. oatmeal
2 eggs	2 c. coconut
1 tsp. vanilla	

Cream shortening; add sugars, then eggs and all dry ingredients then vanilla. Bake on greased cookie sheet for 8 to 10 minutes about 325°. Do not overbake. Cookies should be chewy. Bake until barely brown.

Myrtle White

CHOCOLATE ALMOND OATIES COOKIES

3/4 c. flour	2 eggs
1/2 c. whole wheat flour	1 tsp. vanilla
1 tsp. salt	1/2 tsp. almond flavoring
1 tsp. baking soda	3 c. quick oatmeal
1 c. butter	1 1/2 c. slivered almonds
1 c. sugar	6 oz. chocolate chips
1 c. brown sugar	

Mix flours, salt and soda, In large bowl cream butter with sugars, vanilla, almond, and eggs till fluffy. Blend in flour. Stir in oatmeal, almonds and chips. Divide in half. Shape in log roll; wrap and chill (or freeze). Slice thin and bake 10 minutes at 350°. Makes 8 dozen.

Sherrie Cooke

COWBOW COOKIES

1 c. flour	1/2 c. brown sugar
1/2 tsp. baking soda	1 egg
1/4 tsp. salt	1 c. oatmeal
1/4 tsp. baking powder	1/2 tsp. vanilla
1/2 c. shortening	1/2 c. chocolate chips
1/2 c. sugar	

Sift together first 4 ingredients. Cream shortening, sugar and brown sugar. Add egg to creamed mixture. Add flour mixture to shortening mixture. Add oatmeal, vanilla and chocolate chips. Drop by teaspoon onto greased cookie sheet. Bake 15 minutes at 350°. *Enjoy!*

Libby Flora

CRUMB CRISPS

1 c. butter	1 c. coconut
1½ c. sugar	1½ c. flour
1 egg	½ tsp. baking soda
1½ c. quick oatmeal	2 tsp. baking powder

Mix and make into small balls. Dip in sugar. Flatten with glass or fork. Bake at 350° for 10 minutes.

Nancy Carpenter

ENERGY BARS

2/3 c. whole wheat flour	1/2 tsp. or less salt
2/3 c. safflower oil	1½ c. uncooked rolled oats
1 egg or 1/4 c. egg substitute	1 c. unsalted lowfat Cheddar
1/3 c. packed brown sugar	cheese, grated
1 tsp. vanilla	3/4 c. raisins
1/2 tsp. cinnamon	1 c. apples, peeled and chopped

Mix flour, oil, egg, sugar, cinnamon, baking powder, and salt. With a wooden spoon, stir in oats, cheese and raisins. Add apples; stir. Drop by heaping tablespoons onto Teflon baking sheets. Bake at 375° for 20 minutes or until golden brown. Store in tightly covered jar in refrigerator.

Dana Prusky

CHOCOLATE NO-BAKE COOKIES

2 c. sugar	1/2 c. butter
1/3 c. plus 2 Tbsp. cocoa	1/2 c. milk
3½ c. rolled oats or coconut	1½ tsp. vanilla

Mix sugar, butter, cocoa, and milk in saucepan and bring to boil quickly. Reduce heat to medium and boil 3 to 4 minutes or until the syrup passes "soft ball" test. Remove from heat and stir in rolled oats or coconut plus vanilla. Drop by tablespoon onto waxed paper. Let stand until hardened. Yield: About 5 dozen.

Eleanor Lamb

The earth is the Lord's, and the fullness thereof; the world, and they that dwell therein. Psalm 24:1.

FRUIT CAKE COOKIES

1 lb. pecan pieces	2 eggs
1 lb. raisins	1 1/2 c. flour
1/2 lb. candied cherries	1 glass jelly
1/2 lb. candied pineapple	1/2 tsp. allspice
1/2 lb. citron	1/2 tsp. nutmeg
2 tsp. soda in 1 1/2 Tbsp. milk	1/2 tsp. cloves
1/2 c. brown sugar	1/2 tsp. cinnamon
1/4 c. oleo	

Cream together oleo, sugar, eggs, and jelly. Add soda in milk. Gradually add half the flour and all the spices. Dredge fruit and nuts in remaining flour. Mix all together. Drop onto greased and floured cookie sheet. Bake at 300° for 30 minutes. Makes 8 dozen.

Jenny Green

CHRISTMAS WREATHS

1 stick margarine	1 1/2 tsp. green food coloring
40 large marshmallows (or 1 bag)	1/4 c. red hots
1 tsp. vanilla	4 c. plain corn flakes

Melt margarine and marshmallows on very low heat. Stir frequently. Once melted, add vanilla and stir. Add food coloring. Add corn flakes. Mix until all are coated. Quickly drop by teaspoonful on waxed paper. Flatten slightly into a wreath shape. Decorate with red hots. Let set until dry, about 1 hour.

Note: Mixture becomes sticky quickly. Be sure to have everything ready. It helps to have a helping hand with the red hots.

Jan Bradford

COTTAGE CHEESE CRESCENTS

1 c. butter	2 c. flour
1/2 pt. small curd, dry cottage cheese	Milk or 1 slightly beaten egg for glaze
1 Tbsp. sour cream	1 c. jam or preserves (apricot, berry, peach or plum)
1/4 tsp. salt	

Cream room temperature butter, then blend in dry cottage cheese which has been forced through fine sieve, and sour cream. Add sifted salt and flour. Chill dough 2 hours. Roll a portion of dough at a time, rolling thin on lightly floured board. Cut into 3 inch squares, then roll dough, beginning at wide end. Curve rolls into crescent shape and place on ungreased baking sheet. Brush tops of cookies with milk or egg white beaten with 2 tablespoons water for glaze. Bake at 400° about 20 minutes. About 2 1/2 dozen.

Pearl Janke

GERMAN CHRISTMAS COOKIES

1 c. shortening (half butter)
1/2 c. sugar
3 eggs

4 c. flour
1/2 tsp. salt
1 tsp. grated lemon rind

Blend shortening and sugar together. Add grated rind. Add eggs, reserving 1 white and beat mixture until light. Sift flour; measure and add salt. Sift again. Slowly add sifted dry ingredients and work to a smooth, stiff dough. Shape into rolls 2 inches in diameter and chill for several hours in refrigerator. Slice $1/8$ inch thick and roll on a board with flat part of the hand into fingerlike sticks. Shape like an "S". Chill again. Dip in slightly beaten egg white and then into granulated sugar. Bake at 325° until a golden brown. Makes 6 dozen.

Pearl Janke

GUMDROP COOKIES

Beat until soft 1/2 cup shortening.

Beat in gradually until light and creamy:

1/2 c. brown sugar

1 tsp. vanilla

1/2 c. granulated sugar

Sift before measuring 1 cup all-purpose flour.

Resift with:

1/2 tsp. soda

1/4 tsp. salt

1/2 tsp. baking powder

Sprinkle 1/4 of this over:

1/2 c. small gumdrops

1 c. quick cooking oatmeal

Beat sifted ingredients into butter mixture in about 2 parts alternately with 1 beaten egg. Stir in gumdrop-oatmeal mixture. Pinch off small pieces of dough and roll them into 1 inch balls. Flatten them with a spatula dipped in milk. Bake in a 350° oven for about 10 minutes. Makes 3 dozen.

Lois Merselles

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? Psalm 27:1.

HOLIDAY COOKIES

Old family favorite (a little work but well worth it).

Cookie Batter:

1/2 lb. melted butter
2 c. Wesson oil (must be light weight oil)
1 c. orange juice plus 1/4 c. water
Approx. 9 to 10 c. flour

2 1/2 tsp. whiskey (I use 2 1/2 tsp. pure vanilla)
2 lb. walnuts (at least)
1 tsp. baking soda

Add baking soda to orange juice, then both to melted butter and oil. Add whiskey (or vanilla), then flour, until you get soft dough. Pinch off small piece of dough and shape in 1 inch ball. Press finger into ball of dough but not all the way through. Stuff hole with 1/2 walnut section. Close hole and shape into small oblong cigar-like shape. After you do 1 or 2, you will be able to judge size of piece of dough you need. Keep dough under damp towel as you work, to prevent it drying out. Bake on ungreased cookie sheet at 350° for 25 minutes. After removing cookies from oven, place cookies in warm syrup and let soak 10 minutes.

Syrup:

4 c. sugar
3 c. water

1 (1 lb.) jar honey
1 Tbsp. lemon juice

Blend together sugar, water, honey, and lemon juice. Boil until it forms syrup.

Make a mixture of finely chopped walnuts with a little white sugar and cinnamon. Remove the cookies from the syrup and one by one dip and roll cookies in chopped nut mixture. Makes about 12 to 14 dozen. These freeze well. Be sure they are completely cool. Store between layers of waxed paper. Thaw at room temperature for a few minutes.

Myrtle White

HOLLY WREATHS

1/2 c. butter
1/4 c. sugar
1 c. sifted flour

1/2 pkg. cream cheese (1 1/2 oz.)
1/2 tsp. vanilla extract

Cream the butter and cheese; add the sugar and cream well. Add the vanilla extract. Slowly add the flour. Mix well. Put through cookie press on ungreased cookie sheets using the star plate. Bake at 400° for 8 to 10 minutes.

Cheryl Schmitke

LEMON COOKIE

Mix 1 cup flour, $\frac{1}{2}$ cup butter and $\frac{1}{4}$ cup confectioners sugar. Press into an 8x8 inch pan. Bake at 350° for 20 minutes.

Blend:

1 c. sugar	2 Tbsp. flour
$\frac{1}{2}$ tsp. baking powder	2 eggs
3 Tbsp. fresh lemon juice	

Pour over crust. Bake at 350° for 25 minutes. When partly cool, sprinkle with confectioners sugar.

Eleanor Lamb

LEMON SQUARES

1 c. margarine (2 sticks)	$\frac{1}{2}$ c. powdered sugar
2 c. flour	

Mix well (use pastry cutter); pat lightly into greased 9x13 inch pan. Bake 20 minutes at 350° .

2 c. sugar	$\frac{1}{4}$ c. flour
$\frac{1}{4}$ c. lemon juice	4 eggs, beaten

Mix well; pour over hot crust and return to oven for 25 minutes. Cool in pan. Sprinkle with powdered sugar and cut in squares.

Martha Berger

MOLASSES COOKIES

$\frac{1}{2}$ c. Crisco	$\frac{1}{2}$ c. butter
1 c. sugar	3 eggs, beaten
$1\frac{1}{2}$ c. molasses	$\frac{1}{2}$ c. corn syrup
$\frac{1}{2}$ c. sour cream	6 c. flour, sifted
2 tsp. salt	1 tsp. ginger
2 tsp. cinnamon	4 tsp. soda

Mix all ingredients together in large bowl. Chill overnight. Roll out on floured board; cut into circles or desired shape. Make a dent in the middle and fill with jelly or jam. Bake at 350° for 12 to 15 minutes.

Mary Hahn

To everything there is a season, and a time to every purpose under the heaven. Ecclesiastes 3:1.

CHOCOLATE OATMEAL COOKIES

2 c. white sugar
1/4 c. cocoa
1/2 c. milk
1/2 c. margarine

1/2 c. crunchy peanut butter
1 tsp. vanilla
2 c. quick oats

No Bake

1. Mix sugar, cocoa, milk, and margarine in a saucepan. Cook over medium heat. Bring to rolling boil.
2. Boil for 1 minute.
3. Remove from heat and add peanut butter, vanilla and raw oatmeal.
4. Stir to mix and drop by teaspoon on waxed paper.
5. Let set till cool when they're ready to eat with no baking.

Debra Janke

OATMEAL CHOCOLATE CHIP COOKIES

1 1/4 c. oatmeal
1 c. flour
1/2 c. sugar
1/2 c. brown sugar, packed
1/2 c. chocolate chips

1/2 tsp. soda
1/2 tsp. salt
1/2 c. oil
1 egg
1 tsp. vanilla

1. Preheat oven to 325°.
2. Mix dry ingredients.
3. Add remaining ingredients.
4. Form 1 inch balls.
5. Bake 12 to 15 minutes. Makes 3 1/2 dozen cookies.

Kim Cooke

OUTSTANDING OATMEAL BUTTER SCOTCHIES

1 1/4 c. flour (unsifted)
1 tsp. baking soda
1 c. margarine, softened
1/4 c. white sugar
3/4 c. brown sugar, packed
1 small pkg. vanilla pudding mix

2 eggs
3 1/2 c. oats (instant)
1 large pkg. butterscotches
1 c. chopped nuts, raisins
(optional)

Preheat oven to 375°. Sift flour and soda together. Cream together margarine, sugars and vanilla pudding until fluffy. Add eggs, one at a time. Slowly add flour mixture. Add in oats. Stir in butterscotches. Add nuts or raisins if desired. Place by rounded teaspoon on ungreased cookie sheet. Bake for 10 to 12 minutes.

Guaranteed to be everyone's favorite!

Jan Bradford

EASY PEANUT BUTTER COOKIES

1 (14 oz.) can sweetened
condensed milk
3/4 c. peanut butter

2 c. biscuit baking mix
1 tsp. vanilla extract
Granulated sugar

Preheat oven to 375°. In large mixer bowl, beat milk and peanut butter until smooth. Add biscuit mix and vanilla; mix well. Shape into 1 inch balls. Roll in sugar. Place 2 inches apart on ungreased baking sheets. Flatten with fork. Bake 6 to 8 minutes or until lightly browned. Makes about 5 dozen.

Cheryl Schmitke

PEANUT BUTTER CRISPY TREATS

1/2 c. sugar
1/2 c. Karo
3/4 c. peanut butter

1 tsp. vanilla
3 c. Rice Krispies

Cook sugar and Karo till melted and hot; remove from heat. Add peanut butter and vanilla; mix until smooth. Add Rice Krispies and mix till coated. Press into pan.

Good and easy to do with kids.

Fran Hillman

OLD-FASHIONED SUGAR COOKIES

1 1/2 c. white sugar
3 eggs
1 tsp. soda
1/2 tsp. nutmeg

1 c. Crisco
1 c. buttermilk
3 c. flour
Pinch of salt

Cream sugar and Crisco. Add eggs, one at a time, and beat. Dissolve soda in buttermilk. Add to above mixture and fold in flour. Drop by tablespoon on cookie sheet (greased). Bake about 12 minutes. Makes a nice round cookie.

A favorite of my Aunt.

Eleanor Lamb

SCANDINAVIAN COOKIES

1/2 c. butter
1/4 c. brown sugar
1 egg, separated

1 c. sifted flour
1/2 c. chopped nuts
Jelly

Cream butter and sugar. Add beaten egg yolk. Add flour and blend. Form into 1/2 inch balls; dip in slightly beaten egg white, then in chopped nuts. Place on baking sheet about 3 inches apart. Make a depression in each cookie with floured thimble or end of wooden spoon handle, placing 1/4 maraschino cherry in the center of each, if desired, or fill with jelly after baking. Bake at 375° for approximately 15 minutes.

Cheryl Schmitke

SERINA COOKIES

1 c. butter
1 egg
1/2 tsp. baking soda
1/2 tsp. vanilla

1 c. sugar
2 1/2 c. flour
1/2 tsp. cream of tartar

Cream butter and sugar together; add egg. Sift flour, soda and cream of tartar together and mix into creamed mixture. Add vanilla. Refrigerate dough for 1 hour. Shape into balls and place on a cookie sheet. Press down with a fork; dip the fork in slightly beaten egg white and press down on the dough again. Sprinkle with sugar and chopped almonds. Bake at 350° to a light golden brown, about 10 to 15 minutes.

Cheryl Schmitke

SPRINGERLE

4 c. flour
4 eggs
20 drops oil of anise

1 1/2 to 2 tsp. crushed anise seeds
1 tsp. baking soda
4 3/4 c. powdered sugar

Combine flour and baking soda in large mixing bowl. Beat eggs with electric mixer until light. Gradually beat in powdered sugar. Continue beating on high speed about 15 minutes until batter resembles soft meringue. Stir in oil of anise. Add about 3/4 of flour mixture and beat on low speed until blended.

By hand, stir in remaining flour. Cover with foil and let stand 15 minutes. Divide dough into thirds. On lightly floured surface, roll each piece into an 8 inch square. Let stand for 1 minute. Dust rolling pin with flour and roll and press dough to make a clear design. Cut cookies apart. Place on lightly floured surface and let stand overnight. Sprinkle greased cookie sheet with anise seed. Brush excess flour from cookies. Rub bottom of each cookie lightly with cold water. Place on sheet; bake at 300° for 10 minutes or until light straw color.

Mary Hahn

Children's children are the crown of old men; and the glory of children are their fathers. Proverbs 17:6.

TASSIES

1 c. butter, softened
6 oz. cream cheese, softened
2 c. flour
2 eggs, beaten
1 1/2 c. brown sugar

2 Tbsp. butter, melted
Dash of salt
1/2 tsp. vanilla
1/2 c. chopped pecans

Pastry:

1. Blend butter and cream cheese.
2. Stir in flour.
3. Shape into 1 inch balls.
4. Press into tiny 1 3/4 inch muffin cups, forming pastry shells.

Filling:

1. Add butter, brown sugar, salt, and vanilla to beaten egg.
2. Place 1/2 teaspoon pecans in each pastry cup.
3. Add 1 teaspoon filling mixture to each cup.
4. Top with remaining pecans.
5. Bake at 325° for 25 to 30 minutes until mixture sets and crust browns.

Kim Cooke

WHITE CHOCOLATE MACADAMIA NUT COOKIES

1 c. butter or margarine
3/4 c. sugar
1/4 c. brown sugar
1 1/2 tsp. vanilla
2 eggs
2 1/4 c. flour

1 tsp. soda
1/2 tsp. salt
1 lb. white chocolate chunks
3 1/2 oz. can macadamia nuts,
coarsely chopped

In large bowl cream butter, sugars and vanilla until fluffy. Beat in egg. Sift together flour, soda and salt. Add gradually to butter mixture. Add white chocolate chunks and nuts. Stir into dough. Drop by rounded tablespoons onto baking sheets. Bake at 375° for 8 to 10 minutes until lightly browned. Makes 3 dozen.

Shirley Hardesty

Candy, Jelly, Preserves



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

BUTTER CARAMELS

2 c. sugar
1/2 lb. butter
1 pt. coffee cream
1 3/4 c. corn syrup (white)

Pinch of salt
1 c. broken walnuts
1 tsp. vanilla

Combine sugar, butter and 1/2 cream. Add syrup in large saucepan. When it comes to a good boil, gradually add remaining cream. Cook until soft ball stage, 240°.

Add vanilla and nuts and pour into slightly greased pan. Cool. Dump out of pan. Cut into squares and wrap in waxed paper. Takes 2 to 2 1/2 hours to cook. Stir gently. Do not overstir.

Lorraine Cooke

CARAMEL CORN

1/2 tsp. salt
2 c. brown sugar
2 sticks butter or oleo

1/2 tsp. baking soda
1/2 c. light Karo corn syrup

Heat oven to 200°. Put popcorn into 2 large flat baking pans, 13x9x2 inches. Mix the brown sugar, butter, corn syrup, and salt in a saucepan. Cook and stir it over medium heat until it gets bubbles around the edge. Cook it for 5 minutes more (do not undercook). Remove from heat. Stir in soda until it is foamy. Pour half the sauce over each pan. Stir till it is all covered. Bake 1 hour. Let cool and store in tightly covered container.

Lorraine Cooke

FUDGE

5 c. sugar
1 large can Pet milk

Salt

Cook above 15 minutes, stirring constantly, (burns easily) over medium heat to hard ball stage.

Mix:

2 c. walnuts
1 large pkg. chocolate bits
2 sticks oleo

1 1/2 jars marshmallow creme
Vanilla

Pour cooked mixture over mixture and pour in coconut lined pan to cool.

Irene Priest

FOOLPROOF FUDGE

3 (6 oz.) pkg. semi-sweet chocolate bits	1 1/2 tsp. vanilla extract
1 (14 oz.) can Eagle Brand sweetened condensed milk (not evaporated)	1/2 c. chopped nuts (optional) Dash of salt

In top of double boiler over hot water, melt morsels of chocolate in sweetened condensed milk. Remove from heat and add remaining ingredients. Spread evenly into waxed paper lined 8 inch square pan. Chill 2 hours or until set. Turn fudge onto cutting board. Peel off paper. Cut into squares. Cover and store at room temperature. (Note: Butterscotch or peanut butter bits may be substituted for chocolate.)

Helen Glenn

FRENCH CHOCOLATE BALLS

4 oz. semi-sweet chocolate	1 Tbsp. butter
6 Tbsp. powdered sugar	1 Tbsp. double strength coffee
1/3 c. toasted chopped almonds	Dash of salt

Grate chocolate; add sugar, almonds, butter, coffee, and salt. Mix thoroughly. Form into balls. Roll in almonds or granulated sugar. Makes 2 dozen.

Kathy Mann

PEANUT BRITTLE (NO FAIL)

1 c. sugar	1 c. dry roasted peanuts
1/2 c. water	1/8 tsp. baking soda
1/4 c. light corn syrup	Electric skillet, lined with
1/2 tsp. margarine	heavy-duty aluminum foil

Combine sugar, water, corn syrup, and margarine in skillet. Set temperature to 375°. Cook, stirring occasionally, until syrup turns golden brown. Stir in peanuts; continue stirring until mixture turns medium brown. Add soda; stir vigorously. Remove foil containing candy from skillet and let cool. Break into pieces. Makes 1 pound.

Marcy Flora

SPICED NUTS

2 c. pecans
1 c. sugar
1 tsp. seasoned salt
1 tsp. cinnamon

1/2 tsp. nutmeg
1/2 tsp. ground cloves
1/2 c. water

In medium saucepan, mix sugar, seasoned salt, cinnamon, nutmeg, and cloves together. Add water. Bring mixture to a boil over medium high heat. Continue boiling and stirring until soft ball stage (236° on candy thermometer). This should take approximately 8 minutes. Remove from heat and add pecans. Mix quickly and coat thoroughly. Immediately spread on waxed paper and break nuts apart.

Tangie Southern

TOFFEE

1 c. chopped pecans
3/4 c. packed brown sugar

1/2 c. margarine or butter
1/2 c. semi-sweet chocolate chips

Butter square pan, 9x9x2 inches. Spread pecans in pan. Heat sugar and margarine to boiling in 1 quart saucepan, stirring constantly. Boil over medium heat, stirring constantly, for 7 minutes. Immediately spread mixture over pecans in pan.

Sprinkle chocolate chips over hot mixture; place cookie sheet over pan until chocolate chips are melted. Spread melted chocolate over candy. Cut into about 1 1/2 inch squares while hot. Refrigerate until firm. Makes 3 dozen candies.

Debra Janke

COCONUT CANDIES

Combine 1 stick butter, 2 cups powdered sugar, and 3 full cups coconut. Form into balls and flatten slightly. Melt 6 ounces chocolate chips and drop small spoonfuls into center of coconut. Chill to set. Makes 4 dozen.

Nancy Carpenter

APPLE BUTTER

2 qt. apple cider
4 qt. apples
2 c. sugar

2 c. dark corn syrup
1 tsp. powdered cinnamon or 1/4
tsp. oil of cinnamon

Boil the cider until it is reduced to 1 quart. Pare apples; core and slice in thin pieces. Add apples to cider and cook slowly until the mixture begins to thicken. Stir frequently. Add the sugar, syrup and cinnamon. Continue to cook until a little of the butter, when cooled on a plate, is of a good consistency to spread. Yield: 5 to 6 pints.

Pearl Janke

CARROT MARMALADE

2 lb. carrots
3 lb. sugar

4 lemons
3/4 c. chopped nuts

Steam or cook carrots until tender. Add sugar and the juice of 4 lemons. Add the rind of 2 lemons. Cook 20 minutes, stirring occasionally. Add nuts just before removing from stove. Pour into jars and seal.

Pearl Janke

JALAPENO-PEPPER JELLY

4 to 5 large green peppers
3 to 4 jalapeno peppers or 1/2 jar of
jalapeno peppers
7 c. sugar

1 1/2 c. vinegar
1 bottle Certo
Green food coloring

Using a food grinder, grind pepper and jalapeno peppers (be careful handling jalapenos) to make 2 cups of green peppers and 1/2 cup jalapeno peppers. In a large pot, place peppers, sugar, peppers and vinegar. Bring to a full boil and boil for 2 minutes. Stir in pectin and food coloring (a few drops at a time) to make a bright green. Pour into jelly jars and seal.

Sherrie Cooke

PEACH PRESERVES

6 lb. peaches, sliced
6 lb. sugar

1/2 c. water

Remove skins and seeds from peaches. Cut into thin slices. Add water to sliced peaches and bring to a boil. Add sugar. When it has dissolved, cook rapidly until fruit is clear and syrup is thickened. Pour into jars and seal.

Cheryll Schmitke

STRAWBERRY PRESERVES

3 c. fresh strawberries

3 c. sugar

Wash and cap strawberries. Put in a large kettle and pour sugar into a cone shaped pile in the center of the berries. Do not stir. Place on low heat and cook slowly until the juice is extracted. Increase the heat and boil rapidly for approximately 20 minutes. Remove from heat and let stand for 24 hours, stirring occasionally. Pour into jars and seal.

Cheryll Schmitke

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth. Psalm 121:1,2.

WATERMELON RIND PRESERVES

Rind of 1 watermelon, cut off the
green out skin
3 1/2 lb. sugar (2 c. equals 1 lb.)
1 pt. vinegar (2 c.)

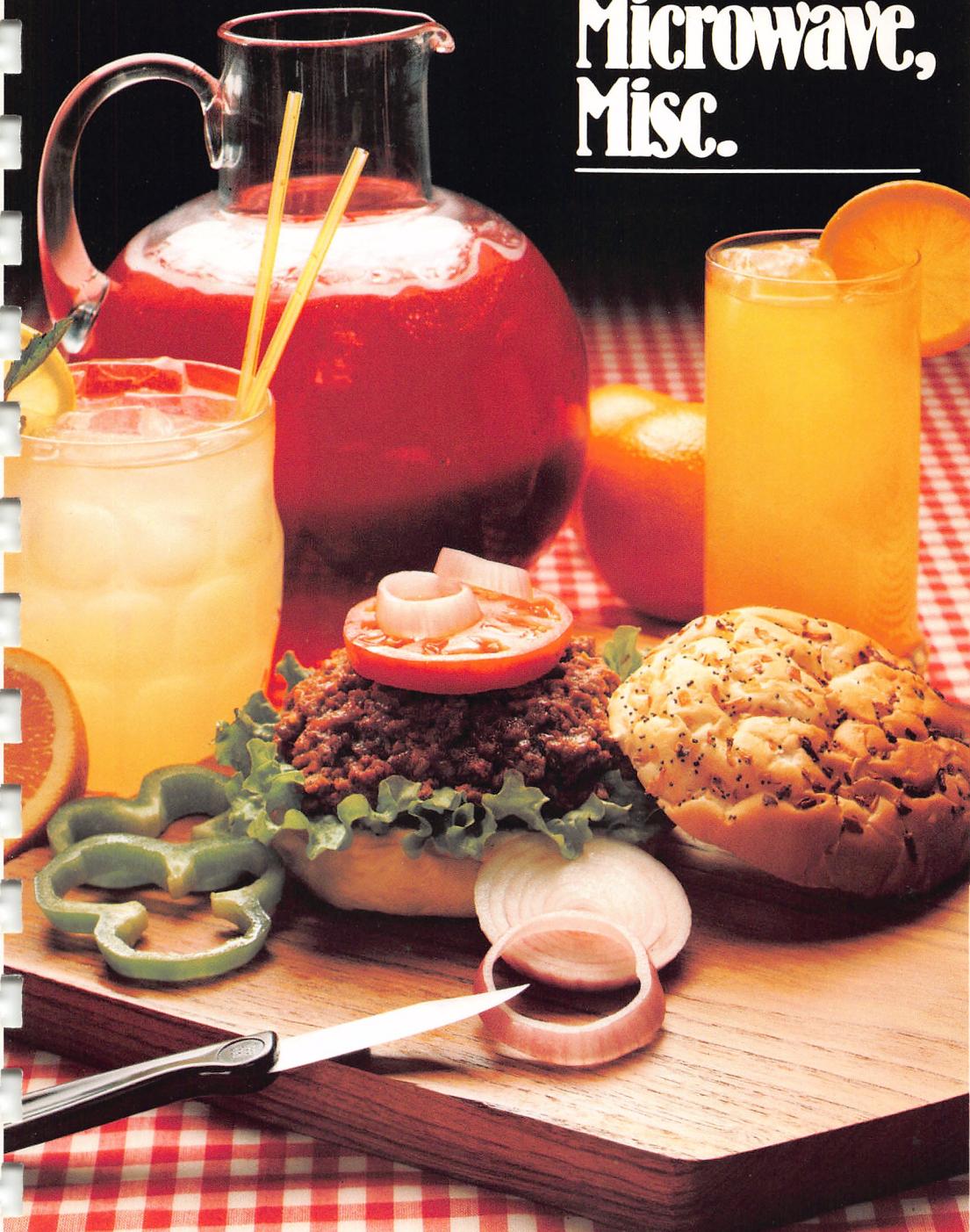
1 stick cinnamon
1/2 c. salt
1 Tbsp. cloves

Pare rind; remove red meat and cut in pieces 1 1/2 x 3 inches. Boil in salt water till tender, 20 to 30 minutes. Let drain overnight. Boil sugar and vinegar 5 minutes; add cinnamon, cloves and rind and boil 15 minutes. Remove to jars.

Eleanor Lamb

Notes

Beverages, Microwave, Misc.



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BEVERAGES, MICROWAVE, MISCELLANEOUS

GUS' FAMOUS EGGNOG

12 egg yolks	1 qt. milk
1 lb. confectioners sugar	6 egg whites
rum 2 qt. cream	1/2 gal. French vanilla ice cream Freshly grated nutmeg

Beat the egg yolks till light, then beat in gradually the confectioners sugar. Add very slowly, beating constantly, the rum. Whip until stiff the egg whites and fold in lightly into the other ingredients. Gradually add chunks of ice cream. Sprinkle the nutmeg on just before serving.

This is a rich and extravagant version that is very good. I shall not attempt to give the number of servings as I am a poor judge of thirst and capacity!

Gus Janke

FROSTED FRUIT SHRUB

1 small can frozen orange juice	1 small can apricot nectar
1/2 small can frozen lemon juice	1/2 c. spice syrup (following)
1 c. pineapple juice	

Spice syrup:

1/2 c. sugar	1 1/2 tsp. Karo
1/2 c. water	1 stick cinnamon

First make spice syrup by combining syrup ingredients in top of double boiler. Simmer 15 minutes; strain and chill. Combine juices with syrup; chill and serve with a scoop of orange sherbet. (Original Smokey Mountain recipe as served at Williamsburg.)

Fran Hillman

ORANGE JULIUS

1/2 (6 oz.) can frozen orange juice (1/3 c.)	1/4 c. sugar
1/2 c. milk	1/2 tsp. vanilla
1/2 c. water	5 or 6 ice cubes

Combine all ingredients in blender; cover and blend until smooth (about 30 seconds). Serve immediately. Makes about 3 cups.

Janet Kakkuri, Carolyn Wood

CELEBRATION PUNCH

2 c. (3 oz.) instant tea powder	4 (6 oz.) frozen pineapple juice
2 gal. water	concentrate
4 (6 oz.) cans frozen limeade	4 qt. cranberry juice cocktail
concentrate	4 (1 pt. 12 oz.) bottles ginger ale, chilled
4 (6 oz.) cans frozen lemonade	
concentrate	

Combine instant tea powder with water, stirring until tea is thoroughly dissolved. Add concentrates and cranberry juice cocktail. Blend well. Just before serving, pour over ice in punch bowl and add ginger ale. Serves 100.

Lorraine Cooke

CHRISTMAS PUNCH

3 c. cranberry juice	3 to 4 c. water
3 c. pineapple juice	

In coffee pot basket:

4 Tbsp. brown sugar	1 to 2 sticks cinnamon
5 1/3 Tbsp. red cinnamon candies	6 to 8 cloves

Perk like coffee in *large* coffee pot.

Carolyn Wood

HOLIDAY PUNCH

1 liter Vernors ginger ale	1 ice ring (frozen with Vernors
4 qt. Welch's white grape juice	ginger ale)

Chill Vernors and juices. At serving time, combine ingredients in punch bowl. Add ice ring. May garnish punch with strawberries. Amounts of Vernors and juice may vary according to your own taste! Yields approximately 60 (6 ounce) cups.

Given to me by Deloris Little.

Claudia Hanselman

CHILDREN'S HAWAIIAN PUNCH

2 1/2 large cans Hawaiian punch	1 pt. raspberry sherbet
1 qt. 7-Up	

Mix in punch bowl. Freeze 1/2 can punch in paper cups and use as ice cubes.

Eleanor Lamb

RED PUNCH (Children's recipe)

1 env. strawberry drink mix	1 c. sugar
2 qt. water with ice	2 c. pineapple juice

Combine and stir. Serves 20.

Eleanor Lamb

PINEAPPLE SUPREME PUNCH

6 c. or 1 can (1 qt. 14 oz.) unsweetened pineapple juice	3 (6 oz.) cans frozen orange juice, thawed
4 c. cold tea	2 (6 oz.) cans frozen lemonade, thawed
2 c. sugar	3 qt. cold ginger ale
2 qt. sherbet (lime, lemon or pineapple)	

Mix and keep cold till serving time the pineapple juice, orange juice, lemonade, tea, and sugar. At serving time, add the ginger ale and sherbet. Makes about 50 servings.

Janet Kakkuri

JINGLE BELLS PUNCH

2 qt. cranberry juice	6 (10 oz.) bottles Sprite, well chilled
1/2 c. maraschino cherry juice	
1 (6 oz.) can lemonade, thawed	

Combine all ingredients. Serve over ice in punch bowl. Garnish with lemon slice, orange wedge and maraschino cherry. Makes about 40 (4 ounce) servings.

Eleanor Lamb

JADE PUNCH

1 large pkg. lime jello	2 c. water, heated to dissolve jello
-------------------------	--------------------------------------

Add 4 cups sugar and cook 10 minutes. Add 2 cups strong tea, 2 cups lemon juice, 2 1/2 cups orange juice, and 5 cups pineapple juice. Chill. Just before serving add 3 gallons water and 2 quarts dry ginger ale. Serve over ice. Float lime sherbet on top. Stretch with extra ginger ale. Makes 4 gallons plus 2 cups; serves 75 to 90.

Phyllis Proctor

PINA COLADA PUNCH

2 cans frozen pina colada	1 orange sherbet
2 cans Hawaiian punch	1 bottle Vernors
2 cans pineapple juice	

Mix all together and serve. Yummy!

Dina Stewart

FROSTY GOLDEN PUNCH

1 (6 oz.) can frozen lemonade concentrate	1/2 c. lemon juice
1 (6 oz.) can frozen orange juice concentrate	1 qt. lemon sherbet
1 (6 oz.) can frozen pineapple juice	2 (1 pt. 12 oz.) bottles (7 c.) ginger ale, chilled
1 (12 oz.) can (1 1/2 c.) apricot nectar, chilled	

Add water to frozen concentrate according to directions on cans. Add apricot nectar and lemon juice. Just before serving, spoon in sherbet; rest bottle on rim and carefully pour ginger ale down side of bowl. Mix with up and down motion.

Lorraine Cooke

FRIENDSHIP TEA

1 pkg. lemonade mix	2 c. Tang
1 1/2 c. sugar	1 tsp. cinnamon
1 c. instant tea	1/2 tsp. cloves

Mix together; add 1 or 2 teaspoons mixture to 1 cup boiling water.

Lorraine Cooke

WASSAIL

6 c. apple cider or juice	1/4 c. honey
1/4 tsp. nutmeg	1 (18 oz.) can unsweetened
3 Tbsp. lemon juice	pineapple juice (2 1/4 c.)
Cinnamon sticks	Orange stars (below)
1 cinnamon stick	

In large saucepan, heat cider and 1 cinnamon stick to boiling; reduce heat. Cover; simmer 5 minutes. Uncover; stir in remaining ingredients except Orange Stars and cinnamon sticks and simmer 5 minutes longer. Serve in punch bowl; float Orange Stars in bowl. Use cinnamon sticks as stirrers. Makes 16 servings (about 1/2 cup each).

Orange Stars: Cut an orange into 1/4 inch slices. Insert 5 whole cloves at equal intervals in edge of each slice. Cut out a wedge of peel and pulp between each 2 cloves.

I served this at WMF Christmas meeting at my house in 1986.

Lorraine Cooke

SPICED CIDER

1 gal. apple cider	12 whole cloves
1/2 c. light brown sugar	6 whole allspice
1 (6 oz.) can frozen lemonade	1 tsp. ground nutmeg
1 (6 oz.) can frozen orange juice	1 (4 inch) cinnamon stick

Tie spices together in a bag. Put all ingredients in a large pan. Simmer gently for 20 minutes. *Do not boil!* Remove spice bag; discard and serve hot. Makes 30 to 35 (1/2 cup) servings.

Fran Hillman

HOT COCOA MIX

2 c. nonfat dry milk powder	1/2 c. powdered non-dairy creamer
3/4 c. sugar	Dash of salt
1/2 c. cocoa	

In large mixing bowl combine all ingredients; blend well. Store in tightly covered container. Makes 15 to 16 servings.

For single serving, combine 1/4 cup mix and 3/4 cup boiling water in mug; stir to blend.

Cheryl Schmitke

BRUNCH EGG DISH

12 slices bread, cubed	1 tsp. salt
1 lb. ham, chopped	1 tsp. dry mustard
3/4 c. grated Cheddar cheese	1 can cream of mushroom soup
6 eggs, beaten	1/2 c. milk
2 1/2 c. milk	1 c. mushrooms

Butter a 13x9 inch pan. Mix together eggs, 2 1/2 cups milk, salt, and dry mustard. Layer the bread, ham, cheese, and egg mixture. Cover and refrigerate overnight. Mix together soup, milk and mushrooms. Pour over top of mixture. Bake, covered, at 350° for 1 hour, then uncovered 1/2 hour.

Sherrie Cooke, Becky Boss

FLORIDA BRUNCH CASSEROLE

2 c. diced ham	3 tsp. dry mustard
4 c. diced Cheddar cheese	1/2 tsp. salt
6 eggs, beaten	3 c. milk
8 slices (cubed) bread	

Combine ingredients; pour into a 9x13 inch dish. Bake at 350° for 45 minutes. Serves 8. May be made up the night before (hold bread to add just before cooking) and refrigerate for cooking the next morning.

Brenda W. Thon

GRANOLA

4 c. oatmeal (uncooked)
1/3 c. brown sugar
1/3 c. wheat germ
1/3 c. flaked coconut
1/4 c. sesame seed

1 c. slivered almonds
1/3 c. vegetable oil
1/4 c. honey
1 tsp. vanilla

Heat oats in an ungreased 13x9 inch baking pan in a preheated oven (350°) about 10 minutes. Combine remaining ingredients until well mixed and add to oats. Bake in same pan in a 350° oven 20 to 25 minutes, stirring often to brown evenly. Cool and stir until crumbly. Makes about 6 cups.

Sandra Abbott

GRANOLA

In a 3 quart container, combine:

3 c. raw oatmeal
1/2 c. sesame seeds
1/2 c. wheat germ
1/2 c. whole wheat flour
1/2 c. raisins or dates

1/4 c. brown sugar
1/2 c. coconut
1/2 c. nuts (slivered almonds or
chopped walnuts)
2/3 c. dried milk

In a separate container, combine:

3/8 c. oil
1/3 c. water

3/8 c. honey

Pour over dry ingredients; thoroughly mix. Turn into large shallow pan such as the bottom of broiler pan and bake at 225° for 2 hours, stirring every 20 minutes.

Barbara Brown

CHILD'S PLAY DOUGH

2 c. flour
1/2 c. salt
1 Tbsp. oil

1/2 to 3/4 c. water with coloring
added

Mix salt well with flour. Add oil to water. Gradually add liquids to dry ingredients until good modeling consistency is reached. Knead with warm hands several minutes before using.

Store in plastic bag in refrigerator.

Phyllis Proctor

PLAY DOH

(Don't eat)

2 c. water
1/2 c. salt
2 Tbsp. oil

2 1/2 c. flour
2 Tbsp. alum
Food color

Add salt to boiling water and stir. Add oil. Mix in flour and alum. Knead until smooth.

Jenny Green

Notes

Notes

Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add 1/4 teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add 1/4 cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour 1/2 cup of baking soda followed by a cup of vinegar down the drain . . . let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.



CALORIE COUNTER

Almonds:		
roasted in oil, salted, 9-10 nuts	62	
Apple butter, 1 tbsp.	33	
Apple juice, canned or bottled, 1 cup	117	
Apples:		
fresh, with skin, 1 average (2½" diameter)	61	
dried, cooked, sweetened, ½ cup	157	
dried, cooked, unsweetened, ½ cup	100	
Applesauce, canned, sweetened, ½ cup	116	
Applesauce, canned, unsweetened, ½ cup	50	
Apricot nectar, canned or bottled, 1 cup	143	
Apricots:		
fresh, 3 average (12 per lb.)	55	
canned, 4 halves with 2 tbsp. heavy syrup	105	
canned, water pack, ½ cup with liquid	38	
Asparagus:		
canned, drained, cut spears, ½ cup	25	
frozen, 6 spears	23	
Avocados, 3½" diameter	185	
Bacon, fried, drained, 2 medium slices	86	
Bacon, Canadian, fried, drained, 1 slice	58	
Bagel, egg or water, 1 medium (3" diameter)	165	
Bamboo shoots, raw, cuts, ½ cup	21	
Bananas, 1 average	118	
Bean sprouts, soy, raw, ½ cup	24	
Beans, baked, canned:		
with pork and tomato sauce, ½ cup	156	
Beans, green or snap:		
fresh, boiled, drained, cuts or French style, ½ cup	16	
canned, with liquid, ½ cup	22	
Beans, lima, immature seeds:		
boiled, drained, ½ cup	95	
canned, with liquid, ½ cup	88	
Beans, pea, navy, or white, dry, cooked, ½ cup	112	
Beans, red kidney, canned, with liquid, ½ cup	115	
Beef, choice grade cuts (without bone):		
brisket, lean only, braised, 4 oz.	253	
chuck, arm, lean only, pot-roasted, 4 oz.	219	
club steak, lean only, broiled, 4 oz.	277	
flank steak, lean only, pot-roasted, 4 oz.	222	
ground, lean (10% fat), broiled, 4 oz.	248	
porterhouse steak, lean only, broiled, 4 oz.	254	
rib, lean only, roasted, 4 oz.	273	
round steak, lean only, broiled, 4 oz.	214	
rump, lean only, roasted, 4 oz.	236	
short plate, lean only, simmered, 4 oz.	253	
sirloin steak, double-bone, lean only, broiled, 4 oz.	245	
sirloin steak, round-bone, lean only, broiled, 4 oz.	235	
T-bone steak, lean only, broiled, 4 oz.	253	
Beef, corned:		
boiled, medium-fat, 4 oz.	422	
canned, lean, 4 oz.	211	
Beef and vegetable stew, canned, 4 oz.	90	
Beets:		
boiled, drained, sliced, ½ cup	33	
Blackberries:		
fresh, ½ cup	42	
canned, juice pack, ½ cup with liquid	68	
Blueberries:		
fresh, ½ cup	45	
canned, water pack, ½ cup with liquid	47	
Bologna, all meat, 4 oz.	315	
Boysenberries:		
canned, water pack, ½ cup with liquid	45	
frozen, unsweetened, ½ cup	30	
Braunschweiger (smoked liverwurst), 4 oz.	362	
Brazil nuts (3 large nuts)	90	
Bread, commercial:		
Boston brown, 1 slice	101	
cracked wheat, 1 slice, 20 per loaf	60	
French, 1 slice	44	
Italian, 1 slice	28	
pumpernickel, 1 slice	79	
raisin, 1 slice, 20 per loaf	60	
rye, light, 1 slice, 20 per loaf	56	
white, firm-crumb type, 1 slice, 20 per loaf	63	
whole wheat, firm-crumb type, 1 slice, 20 per loaf	56	
Bread stuffing, mix, mixed with butter, water, ½ cup	250	
Broccoli:		
raw, 1 large spear	32	
boiled, drained, cut spears, ½ cup	20	
Brussels sprouts boiled, drained ½ cup	28	
Butter, 1 Tbsp.	100	
Butter, whipped, 1 tbsp.	67	
Cabbage:		
red, raw, chopped or shredded, ½ cup	14	
white, raw, chopped or shredded, ½ cup	11	
Cake, mix, prepared as directed on package:		
angel food, without icing, 3½-oz. serving	269	
coffee cake, 3½-oz. serving	322	
devil's food, with chocolate icing, 3½-oz. serving	369	
white, with chocolate icing, 3½-oz. serving	351	
yellow, with chocolate icing, 3½-oz. serving	365	
Candies, 1-oz. serving:		
almonds, chocolate-covered	161	
butter mints, after dinner (Kraft)	106	
butterscotch	112	
cherries, dark chocolate-covered (Welch's)	115	
chocolate, milk	147	
chocolate, semi-sweet	144	
coconut, chocolate-covered	124	
fudge, chocolate, with nuts	121	
gum drops	98	
jelly beans	104	
licorice (Switzer)	101	
Life Savers, all flavors except mint	111	
Life Savers, mint	108	
mints, chocolate-covered	116	
marshmallows (Campfire)	100	
peanut brittle	119	
peanut cluster, chocolate-covered (Kraft)	151	
raisins, chocolate-covered	120	
toffee, chocolate (Kraft)	111	
Cantaloupe, fresh, ½ melon, 5" diameter	58	
Carrots:		
raw, 1 average	21	
boiled, drained, diced, ½ cup	23	
Catsup, tomato, bottled, 1 tbsp.	16	
Cauliflower:		
raw, flowerbuds, sliced, ½ cup	12	
boiled, drained, flowerbuds, ½ cup	14	
Celery, raw, 1 outer stalk (8" long)	7	
Cereals:		
All-bran, 1 cup	192	
bran, 100% (Nabisco), 1 cup	150	
bran flakes, 40%, 1 cup	106	
bran flakes with raisins, 1 cup	144	
corn flakes, 1 cup	97	
corn flakes, sugar coated, 1 cup	154	
Cream of Wheat, cooked, 1 cup	133	
farina, quick-cooking, cooked, 1 cup	105	
oat flakes, (Post), 1 cup	165	
oatmeal or rolled oats, cooked, 1 cup	132	
rice, puffed, 1 cup	60	
wheat flakes, 1 cup	106	
wheat, puffed, 1 cup	54	
wheat, puffed, presweetened, 1 cup	132	
wheat, shredded, 1 biscuit (2½" x 2" x 1¼")	89	
Cheese:		
American, processed, 1 oz.	105	
blue or Roquefort type, 1 oz.	104	
brick, 1 oz.	105	
cheddar, domestic, 1 oz.	113	
cottage, creamed, small curd, ½ cup	112	

CALORIE COUNTER

cream, 1 tbsp.	52	Eclair, custard filled, with chocolate icing, 1 average	239
cream, whipped, 1 tbsp.	37	Eggnog, 8% fat (Borden's), 1/2 cup	171
Gouda, 1 oz.	108	Eggplant, boiled, drained, diced, 1/2 cup	19
Monterey Jack, 1 oz.	103	Eggs, chicken:	
Mozzarella, part-skim, 1 oz.	85	boiled or poached, 1 large egg	82
Muenster, 1 oz.	100	fried, with 1 tsp. butter, 1 large egg	99
Neufchatel (Borden's), 1 oz.	73	scrambled, with 1 tsp. butter, 1 large egg	111
Old English, processed, 1 oz.	105	Endive, raw, 10 small leaves	5
Parmesan, grated, 1 Tbsp.	23	Escarole, raw, 1 large leaf	4
pimento, American, processed, 1 oz.	105		
Provolone, 1 oz.	99	Fat, vegetable shortening, 1 tbsp.	111
ricotta, moist, 1 oz.	45	Figs:	
Romano, 1 oz.	110	dried, 1 large fig (2" x 1")	57
Roquefort, 1 oz.	105	Fish cakes, fried, frozen, reheated, 4 oz.	306
Swiss, domestic, 1 oz.	104	Flour:	
Cheese food, American, processed, 1 oz.	92	all-purpose, sifted, 1 cup	419
Cherries:		buckwheat, dark, sifted, 1 cup	326
sweet, fresh, whole, 1/2 cup	41	cake or pastry, sifted, 1 cup	349
Cherries, maraschino, bottled, 1 oz. with liquid	33	rye, dark, unsifted, 1 cup	419
Chestnuts, fresh, 10 average	141	wheat, self-rising, sifted, 1 cup	405
Chicken:		Frankfurters, all-meat, 1 average (10 per lb.)	133
broiled, meat only, 4 oz.	154	Fruit cocktail, canned, water pack, 1/2 cup with liquid	46
roasted, dark meat, 4 oz., no skin	204	Fruit, mixed, frozen, sweetened, 4 oz.	125
roasted, light meat, 4 oz., no skin	207		
Chili, with beans, canned 1/2 cup	170	Gelatin dessert, flavored, prepared with water, 1/2 cup	71
Chili, without beans, canned, 1/2 cup	255	Gooseberries, fresh, 1/2 cup	30
Coconut:		Grape drink, canned, 1 cup	135
dried, sweetened, shredded, 1/2 cup	258	Grape juice, canned or bottled, 1 cup	167
Cod (meat only):			
broiled, with butter, fillets, 4 oz.	192	fresh (Concord, Delaware, etc.), 10	18
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276	fresh (Thompson seedless, etc.), 10	34
Coffee, prepared, plain, 1 cup	2	Grapefruit juice:	
Coleslaw, commercial, with mayonnaise, 1/2 cup	87	canned, sweetened, 1 cup	133
Cookies, commercial:		canned, unsweetened, 1 cup	101
brownies, from mix, with nuts and water, 1 oz.	114		
butter thins, 1 piece (2" diameter)	23	Haddock, fried, breaded fillets, 4 oz.	187
chocolate chip, 1 piece (2 1/4" diameter)	50	Halibut, fillets, broiled with butter, 4 oz.	194
coconut bar, 1 oz.	140	Halibut, frozen, steak, 4 oz.	254
fig bar, 1 average piece	50	Halibut, smoked, 4 oz.	254
gingersnaps, 1 piece (2" diameter)	29		
graham cracker, plain, 1 piece (5" x 2 1/2")	55	Ham:	
ladyfinger, 1 piece	40	boiled, packaged, 4 oz. (about 4 slices)	266
macaroon, 1 piece (2 3/4" diameter)	91	fresh, medium-fat, roasted, 4 oz.	426
oatmeal with raisins, 1 piece (2 5/8" diameter)	59	picnic, cured, medium-fat, roasted, 4 oz.	368
peanut sandwich, 1 piece (1 3/4" diameter)	58	canned, cured, lean only, roasted, 4 oz.	241
shortbread, 1 average piece	37	canned, deviled, 4 oz.	398
vanilla wafer, 1 piece (1 1/4" diameter)	19		
Corn:		Herring:	
boiled, drained on cob, 1 ear (5" x 1 3/4")	70	canned, plain, 4 oz. with liquid	236
boiled, drained, kernels, 1/2 cup	69	pickled, Bismark-type, 4 oz.	253
canned, cream style, 1/2 cup	105	smoked, hard, 4 oz.	340
Corn chips (Fritos), 1 oz.	166	Hickory nuts, shelled, 4 oz.	763
Crackers:		Honey, strained or extracted, 1 tbsp.	64
bacon-flavor, 1 oz.	127	Honeydew melon:	
butter, round, 1 piece (1 7/8" diameter)	15	fresh, 1 wedge (2" x 7")	49
cheese, round, 1 piece (1 5/8" diameter)	17		
Melba toast, white, regular, 1 piece	15	Ice cream:	
Rye-Krisp, 1 piece (1 7/8" x 3 1/2")	21	hardened, rich, 16% fat, 1/2 cup	165
saltines, 1 piece	12	soft-serve (frozen custard), 1/2 cup	167
whole wheat, 1 oz.	114	Ice cream bar, chocolate coated, 3-oz. bar	162
Cranberry juice cocktail, canned or bottled, 1 cup	164	Ice cream cone, sugar 1 cone	37
Cranberry sauce, canned, strained, 1/2 cup	202	Ice cream cone, waffle, 1 cone	19
Cream:		Ice milk, hardened, 5.1% fat, 1/2 cup	100
half and half, 1/2 cup	162	Ice milk, soft-serve, 5.1% fat, 1/2 cup	133
sour, 1 tbsp.	26	Ice milk bar, chocolate coated, 3-oz. bar	144
whipping, light, 1/2 cup unwhipped	358		
whipping, heavy, 1/2 cup, unwhipped	419		
Cream substitute, non-dairy, dry, 1 tbsp.	33		
Cucumber, with skin, 1 large (8 1/4" long)	45		
Dates, domestic, 10 average	219	Jams and preserves, all flavors, 1 tbsp.	54
Duck, domestic, roasted, meat only, 4 oz.	352	Jellies, all flavors, 1 tbsp.	49
Kale:			
fresh, leaves only, 4 oz.	80		
fresh, with stems, boiled, drained, 1/2 cup	16		
Knockwurst, 1 link (4" x 1 1/8" diameter)	189		
Kumquats, fresh, 1 average	12		

CALORIE COUNTER

Lamb, retail cuts:	
chop, loin, lean only, broiled, 2.3 oz. with bone	122
leg, lean and fat, roasted, boneless, 4 oz.	317
shoulder, lean only, roasted, boneless, 4 oz.	233
Leeks, raw, 3 average	52
Lemon juice:	
fresh, 1 tbsp.	4
Lemonade, frozen, diluted, 1 cup	107
Lemons, fresh, 1 average (2½" diameter)	20
Lentils, whole, cooked, 1 cup	212
Lettuce:	
iceberg, 1 leaf (5" x 4½")	3
romaine, 3 leaves (8" long)	5
Limes, fresh, 1 average (2" diameter)	19
Liverwurst, fresh, 4 oz.	348
Lobster, cooked in shell, whole, 1 lb.	112
Lobster, cooked or canned, meat only, cubed, ½ cup	69
Macadamia nuts, 6 average nuts	104
Macaroni, boiled, drained, ½ cup	96
Macaroni and cheese, canned, ½ cup	114
Mackerel, fresh or frozen, broiled with butter, 4 oz.	268
Mangos, whole, 1 average (1½ per lb.)	152
Margarine, salted or unsalted, 1 tbsp.	102
Marmalade, citrus flavors, 1 tbsp.	51
Milk, chocolate, canned, with skim milk, 1 cup	190
Milk, chocolate, canned, with whole milk, 1 cup	213
Milk, cow's:	
whole, 3.5% fat, 1 cup	159
buttermilk, cultured, 1 cup	88
skim, 1 cup	88
skim, partially, 1 cup	145
canned, condensed, sweetened, 1 cup	982
canned, evaporated, unsweetened, 1 cup	345
dry, whole, 1 tbsp. dry form	35
dry, nonfat, instant, 1 envelope (3.2 oz.)	327
Milk, malted, beverage, 1 cup	244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130
Mushrooms, raw, sliced, chopped or diced, ½ cup	10
Mushrooms, canned, with liquid, ½ cup	21
Mustard greens, boiled, drained, ½ cup	16
Nectarines, fresh, 1 average (2½" diameter)	88
Noodles, chow-mein, canned, ½ cup	110
Noodles, egg, cooked, ½ cup	100
Oil, cooking or salad:	
corn, safflower, sesame or soy, 1 tbsp.	120
olive or peanut, 1 tbsp.	119
Olives, pickled, canned or bottled:	
green, 10 large (¾" diameter)	45
ripe, salt-cured, Greek style, 10 extra large	89
Onions, mature:	
raw, 1 average (2½" diameter)	40
raw, chopped, 1 tbsp.	4
Orange juice:	
fresh, California, Valencia, 1 cup	117
fresh, Florida, Valencia, 1 cup	112
canned, sweetened, 1 cup	130
canned, unsweetened, 1 cup	120
frozen, concentrate, unsweetened, diluted, 1 cup	112
Oranges, fresh, 1 average	71
Pancakes, prepared from mix as directed on package:	
plain and buttermilk, 4" diameter cake	61
buckwheat and other flours, 4" diameter cake	54
Papaya juice, canned, 1 cup	120
Papayas, fresh, whole, 1 papaya (3½" x 5½")	119
Peach nectar, canned, 1 cup	120
Peaches:	
fresh, 1 average	38
canned, in juice, 2 peach halves with 2 tbsp. juice	45
dried, ½ cup	210
Peanut butter, commercial, 1 tbsp.	94
Peanuts:	
roasted, in shell, 10 nuts	105
roasted, chopped, 1 tbsp.	52
Pear nectar, canned, 1 cup	130
Pears:	
fresh, Bartlett, 1 pear (2½" diameter)	100
canned, in heavy syrup, 1 pear half and 2 tbsp. syrup	71
dried, ½ cup	241
Peas, green:	
boiled, drained, ½ cup	57
Peas, split, cooked, ½ cup	115
Pecans:	
shelled, 10 large nuts	62
chopped, 1 tbsp.	52
Peppers, hot, chili:	
green, raw, seeded, 4 oz.	42
green, chili sauce, canned, ½ cup	25
red, chili sauce, canned, ½ cup	26
Peppers, sweet, green:	
raw, fancy grade, 1 pepper (3" diameter)	36
Peppers, sweet, red:	
raw, fancy grade, 1 pepper (3" diameter)	51
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382
Perch, white, raw, meat only, 4 oz.	134
Pickle relish:	
hamburger (Heinz), 1 tbsp.	17
sweet, 1 tbsp.	21
Pickles, cucumber:	
dill, 1 large (4" long)	15
sweet gherkins, 1 small (2½" long)	22
Pies, frozen:	
apple, baked, 3½" arc (½ of 8" pie)	173
cherry, baked, 3½" arc (½ of 8" pie)	211
coconut custard, baked, 3½" arc (½ of 8" pie)	187
Pimientos, canned, drained, 1 average	10
Pineapple:	
fresh, sliced, 1 slice (3½" diameter x ¾")	44
canned, heavy syrup, chunks or crushed, ½ cup	95
canned, water pack, tidbits, ½ cup with liquid	48
Pineapple juice, canned, unsweetened, 1 cup	138
Pistachio nuts, chopped, 1 tbsp.	53
Plums:	
damson, fresh, whole, 10 plums (1" diameter)	66
canned, purple, 3 plums and 2½ tbsp. liquid	110
Popcorn:	
popped, plain, 1 cup	23
popped, with oil and salt added, 1 cup	41
Pork:	
Boston butt, lean only, roasted, 4 oz.	279
chop, lean only, broiled, 4 oz. with bone	308
loin, lean only, roasted, 4 oz.	288
Potato chips, 10 chips (2" diameter)	114
Potato sticks, ½ cup	95
Potatoes, white:	
baked, in skin, 1 long	145
boiled, in skin, 1 round	104
fried, ½ cup	228
frozen, hash brown, cooked, ½ cup	174
mashed, with milk and butter, ½ cup	99
Potatoes, sweet:	
baked, in skin, 1 average	161
boiled, in skin, 1 average	172
boiled, in skin, mashed, ½ cup	146
candied, 1 piece (2½" long x 2")	176
Pretzels, commercial varieties:	
rods, 1 pretzel (7½" long)	55
twisted, 3-ring, 10 pretzels	117
Prune juice, canned or bottled, 1 cup	197
Prunes, dried, medium-size, 1 average	16
Pumpkin, canned, ½ cup	41
Radishes, raw, whole, 10 medium	8
Raisins, seedless (½ cup)	210

CALORIE COUNTER

Raspberries:	
black, fresh, 1/2 cup	49
red, fresh, 1/2 cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, 1/2 cup with liquid	43
frozen, red, sweetened, 1/2 cup	123
Rhubarb, cooked, sweetened, 1/2 cup	191
Rice, cooked (hot):	
brown, long grain, 1/2 cup	116
white, long grain, 1/2 cup	112
white, parboiled, long grain, 1/2 cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, 7/8-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73
Salad dressings, commercial:	
blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80
Salami:	
cooked, 1 slice (4" diameter)	68
dry, 1 slice (3 1/8" diameter)	45
Salmon, smoked, 4 oz.	200
Sauces:	
barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), 1/2 cup	35
Sauerkraut, canned, 1/2 cup with liquid	21
Sausages:	
polish, 2.7 oz. sausage (5 3/8" long x 1" diameter)	231
pork, cooked, 1 link (4" long x 7/8" diameter)	62
pork, cooked, 1 patty (3 7/8" diameter x 1/4")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38
Sherbet, orange, 1/2 cup	130
Shrimp:	
fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37
Soft drinks:	
cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97
Soup, canned, condensed, diluted with equal part water:	
asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consomme, 1 cup	31
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consomme, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
clam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78
Spaghetti:	
plain, boiled 8-10 minutes, drained, 1/2 cup	96
canned, in tomato sauce with cheese, 1/2 cup	95
canned, with meatballs in tomato sauce, 1/2 cup	129
Spinach:	
boiled, drained, leaves, 1/2 cup	21
Squash, summer:	
scallop variety, boiled, drained, sliced, 1/2 cup	15
yellow, boiled, drained, sliced, 1/2 cup	14
zucchini, boiled, drained, sliced, 1/2	11
Squash, winter:	
acorn, baked, 1/2 squash (4" diameter)	86
acorn, boiled, mashed, 1/2 cup	42
butternut, baked, mashed, 1/2 cup	70
butternut, boiled, mashed, 1/2 cup	50
Strawberries:	
fresh, whole, 1/2 cup	28
canned, water pack, 1/2 cup with liquid	27
Sugar, beet or cane:	
brown, 1/2 cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, 1/2 cup	385
granulated, 1 tsp.	15
powdered, unsifted, 1/2 cup	231
powdered, stirred, 1 tbsp.	31
Sunflower seed kernels, in hull, 1/2 cup	129
Sunflower seed kernels, hulled, 1/2 cup	406
Syrups:	
chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53
Tangerines, fresh, 1 average (2 3/8" diameter)	39
Tomato juice, canned or bottle, 1 cup	46
Tomato juice cocktail, canned or bottled, 1 cup	51
Tomato paste, canned, 1/2 cup	108
Tomato puree, canned 1/2 cup	49
Tomatoes, ripe:	
raw, whole, 1 average (about 2 2/5" diameter)	20
canned, 1/2 cup with liquid	26
Toppings: dessert:	
butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56
Tuna, canned:	
in oil, solid pack or chunk style, drained, 1/2 cup	158
in water, all styles, with liquid, 4 oz.	144
Turkey:	
dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, 1/2 cup	207
Turnip greens:	
fresh, boiled in small amount water, drained, 1/2 cup	15
Turnips, boiled, drained, cubed, 1/2 cup	18
Vegetable juice cocktail, canned, 1 cup	41
Vegetables, mixed, frozen, boiled, drained, 1/2 cup	58
Waffles, baked from mix:	
made with egg and milk, 1 round (7" diameter)	206
Walnuts, 10 large nuts	322
Watermelon, with rind, 1 wedge (4" x 8")	111
Wheat bran, commercially milled, 4 oz.	242
Wheat germ, toasted, 1 tbsp.	23
Yogurt, plain:	
partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140

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